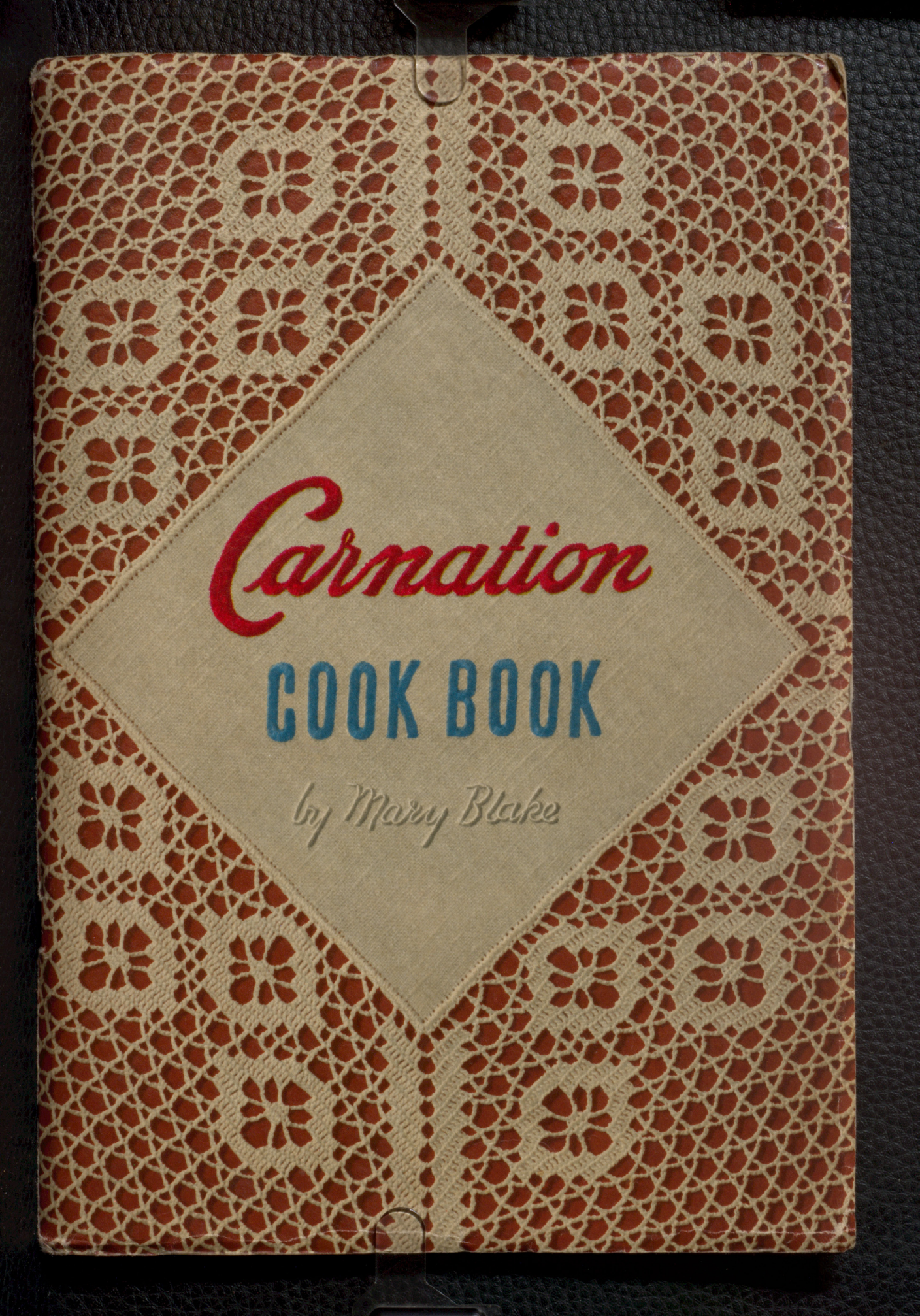
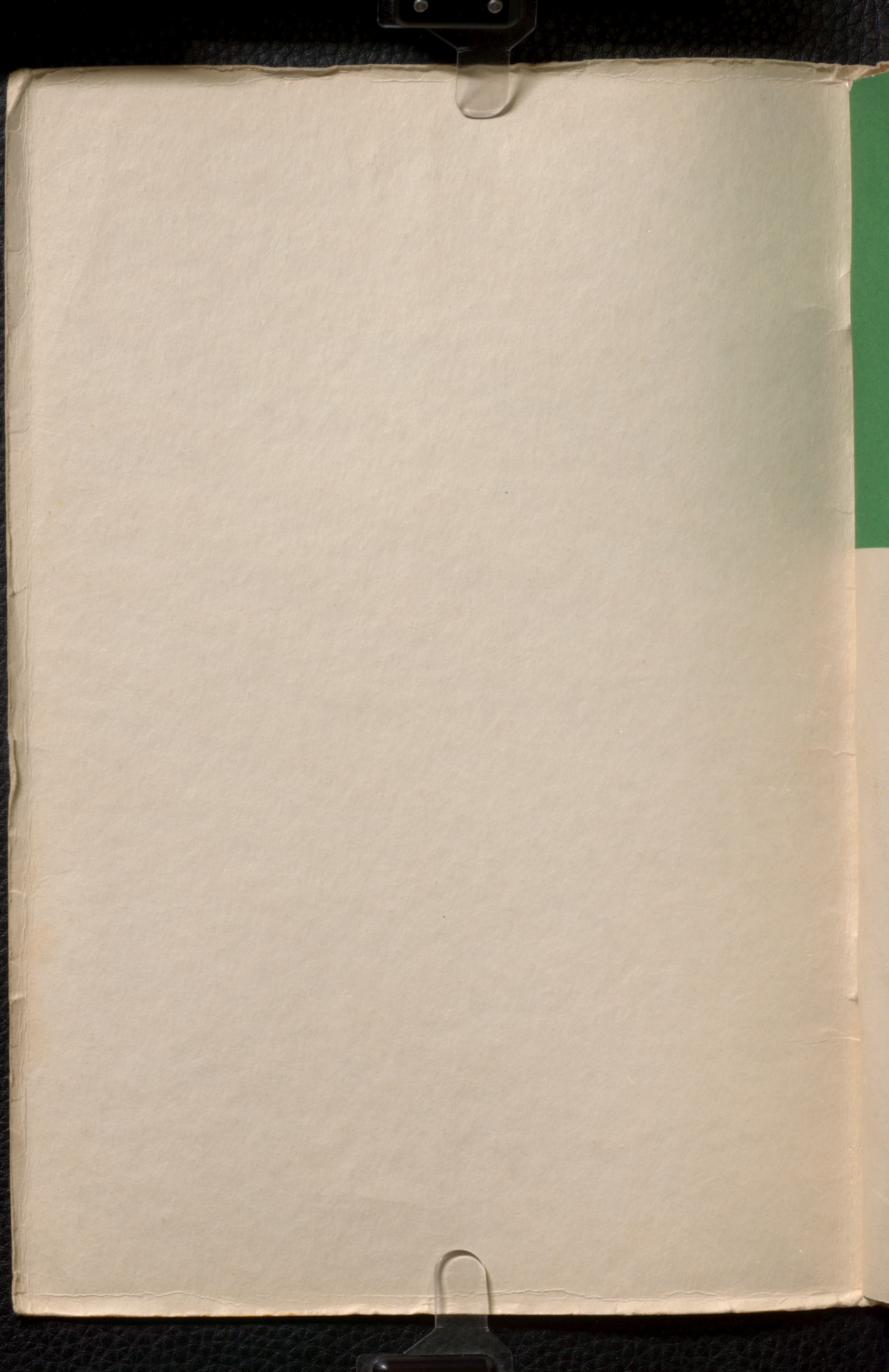




Carnation

COOK BOOK

by Mary Blake



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TORONTO, ONT.

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LETTER BY

Mary Blake

DEAR HOME-MAKERS EVERYWHERE:

THE Carnation Company Ltd. is very happy to present this new cook book. We are just as proud of it as we are of Irradiated Carnation Milk, and we believe that both book and milk will bring you a new thrill and a new satisfaction in your meal planning.

I have spent many months in compiling, preparing and testing the recipes and menus on these pages. I have kept in mind your daily round of meal planning, 365 days of the year, and I have tried to give you suggestions that are not only practical, dependable and economical, but new and tempting.

And, just as this cook book is new, so is Irradiated Carnation Milk. You may think that such a standard food as milk can offer no new qualities. But wait until you have tried Carnation!

You will actually find that it is more uniform, more dependable, more economical than bottled milk, and that it gives cooking results that even the best of bottled milk cannot equal.

As you use Irradiated Carnation Milk, you will verify every statement I make about it. And I know you will join me in gratitude to Grace Viall Gray, of the Gray Institute of Home Economics, who has collaborated with me in the preparation of this book.

If at any time I can help you further in your cookery problems, I shall be glad to do so. Our Home Economics Department is always at the service of the millions of home-makers who are already users of Irradiated Carnation Milk and of those who are just now discovering its wonderful advantages.

Cordially yours,

Mary Blake

DIRECTOR, HOME ECONOMICS DEPARTMENT
CARNATION COMPANY LTD.



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Introduction

WHAT IRRADIATED CARNATION MILK IS, AND WHAT IT DOES

● Irradiated Carnation Milk is such a wonderful product, so amazing in its qualities and its benefits, that I scarcely know where to begin.

First let me tell you, in the briefest possible way, exactly what Irradiated Carnation Milk is. It is simply rich whole milk, evaporated to double richness, irradiated for "sunshine" vitamin D, homogenized to break up the cream particles, and sterilized for safe keeping.

Nothing has been added to it, except vitamin D, introduced by exposure to ultra-violet rays. Nothing has been taken out except part of the water that is present in all milk as it comes from the cow. No sugar or other substance is added.

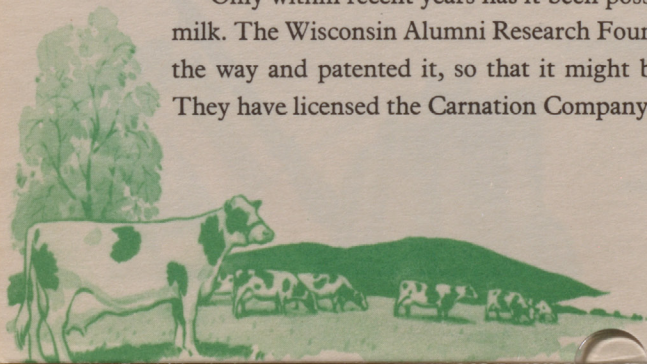
Whole milk is seven-eighths water. Evaporation removes about three-fifths of this water, but retains all the important food values—butter fat, milk sugar, proteins, minerals, as well as those vitamins which milk can be depended on to supply. Evaporation is simply a means of supplying milk in a more convenient, compact form.

And now that you know that Irradiated Carnation Milk is simply high-quality whole milk, concentrated, let me tell you something about its other qualities—special advantages which ordinary raw milk or pasteurized milk don't possess.

CARNATION MILK IS IRRADIATED. By that we mean that the wonderful "sunshine" vitamin D—so necessary in the body to produce strong bones and sound teeth—has been introduced into the milk. This is done very simply by exposing the milk for a few seconds, in a thin film, to ultra-violet rays from a carbon-arc lamp.

Vitamin D—the same vitamin that sunlight introduces into the body—is very necessary to both infants and growing children. Bow legs, knock knees, chicken breast, and soft and crooked teeth are symptoms of a lack of vitamin D. That is why every baby and growing child needs plenty of vitamin D in the diet. Adults, too, may benefit from vitamin D. Women during the pre-natal and nursing periods especially require it, to offset the drain on the mother's bones and teeth in supplying the calcium needs of the infant.

Only within recent years has it been possible to supply this important vitamin in milk. The Wisconsin Alumni Research Foundation, a group of scientists, discovered the way and patented it, so that it might be used only under proper supervision. They have licensed the Carnation Company to use this Steenbock Patent (U.S. Pat.



Irradiated Milk

1680818—Canada Pat. 291138), so that everyone might have the benefit of vitamin D in an extremely economical form.

While Irradiated Carnation Milk is not offered as a cure for rickets, the disease caused by a lack of vitamin D, physicians and nutritionists feel that this milk is a valuable protective factor and that the benefits from its use should be enjoyed by all.

The vitamin D in Irradiated Carnation Milk is not affected by cooking or boiling. All dishes prepared in the kitchen with it will contain vitamin D—and thus every member of the family is given a share of this important vitamin.

IRRADIATED CARNATION MILK IS PURE AND SAFE. It comes from especially fine herds, which are constantly under the supervision of the Carnation field men, who rigidly inspect every farm to see that good milk is produced, that it is handled in a cleanly fashion, cooled quickly, and shipped without delay. It is sterilized—fully protected against any of the bacterial dangers possible in raw milk.

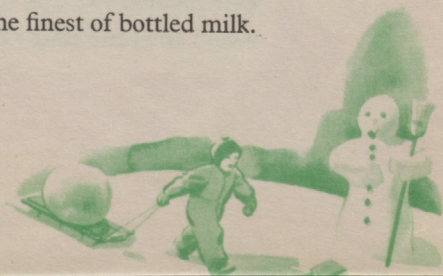
IRRADIATED CARNATION MILK IS DEPENDABLE AND CONVENIENT. All Carnation Milk must meet the same high quality standards. At home, or in the wilds, anywhere and at any time, it offers you a constant supply of pure, safe, nourishing milk.

IRRADIATED CARNATION MILK IS RICH AND ECONOMICAL. It has double the cream content of whole milk. It may be used in place of rich cream in many dishes. It saves on butter and cream. Unopened, it keeps without spoiling and without ice, avoiding waste. It costs much less than cream, and less than bottled milk.

IRRADIATED CARNATION MILK IS MORE DIGESTIBLE THAN RAW OR PASTEURIZED MILK. Raw or pasteurized milk forms a tough, solid curd in the stomach. The heat treatment which Carnation undergoes in sterilization changes the curd into loose, soft flakes that are easily digested. Carnation Milk agrees with infants, invalids, and others who cannot tolerate milk in the ordinary form.

IRRADIATED CARNATION MILK GIVES BETTER COOKING RESULTS. When I tell you that this milk produces definitely finer, smoother textures, a richer, creamier flavor, you may wonder why. Here is the reason. Carnation Milk is homogenized. By a special process the large fat globules found in raw milk are reduced to extremely small particles, so fine that they stay mixed in with the milk and do not separate out as cream. The cream never rises to the top. Every drop of this milk has its full share of cream—a double supply, in fact, for Carnation is evaporated to double richness.

These smaller cream particles impart a special smoothness to Carnation. Soups and sauces, candies and cakes, ice creams, custards, puddings, waffles and griddle cakes are among the many dishes to which Carnation gives a finer texture, a delicate and velvety smoothness that cannot be obtained with even the finest of bottled milk.



Irradiated Milk

HOW TO USE IRRADIATED CARNATION MILK

- THE all-around usefulness of Irradiated Carnation Milk is one of its outstanding advantages. The following suggestions show how completely you can satisfy every milk and cream requirement with this convenient, adaptable product.

AS WHOLE MILK. In this book, each recipe indicates whether Irradiated Carnation Milk is to be used just as it comes from the can, or diluted. In a recipe calling for whole milk, the directions call for diluting with an equal volume of water. Thus you simply return to the milk the water which was taken out by evaporation.

If you wish to use Carnation Milk in recipes not found in this book, dilute it in the same way. The resulting mixture will have the richness of whole milk.

IN PLACE OF CREAM. If you desire an added richness in dishes, if you want to cut down on butter and cream, use Carnation just as it comes, without diluting.

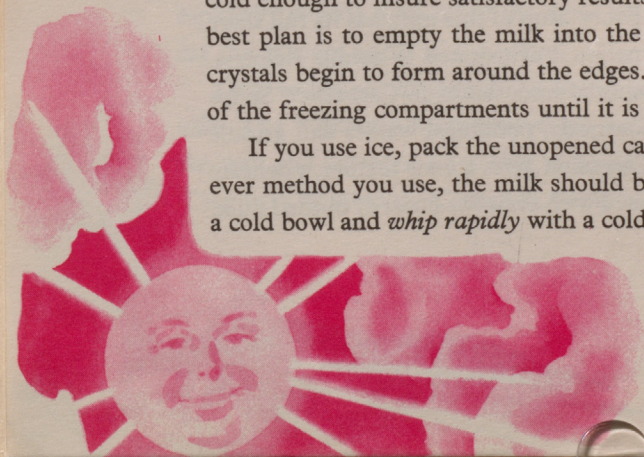
AS SOUR MILK. If you like those special and delicious recipes that call for sour milk or sour cream, you will find that Carnation supplies this ingredient at a moment's notice. The method is simple. For every cup of sour milk called for in a recipe, take $\frac{1}{2}$ cup of Carnation Milk, $\frac{1}{2}$ cup cold water and 1 tablespoon of vinegar. Use $\frac{1}{2}$ teaspoon of soda to each cup of sour milk. You will find that results are more dependable, because of the precision of the measurements. The milk is always the same degree of "sourness," and the soda is exactly the right amount.

AS SOUR CREAM. Follow the same method as for sour milk, but do not dilute. For every cup of sour cream desired, use 1 cup of Carnation Milk and 1 tablespoon of vinegar. Use the same amount of soda— $\frac{1}{2}$ teaspoon for every cup.

HOW TO WHIP IRRADIATED CARNATION MILK. The discovery that this rich but economical milk may be whipped opens up fascinating possibilities for appetizing and inexpensive dishes. Whipping is so easy these dishes may be enjoyed at any time.

The secret of success in whipping Carnation Milk is to have the milk *very* cold. Milk merely allowed to stand in the food compartment of the refrigerator will not be cold enough to insure satisfactory results. If you have an automatic refrigerator, the best plan is to empty the milk into the freezing tray and keep it there till fine ice crystals begin to form around the edges. Or you may place an unopened can in one of the freezing compartments until it is thoroughly chilled.

If you use ice, pack the unopened can in a bowl with a salt-ice mixture. Whichever method you use, the milk should be chilled to about 40° F. Then pour it into a cold bowl and *whip rapidly* with a cold beater. If the milk does not whip properly,



Irradiated Milk

it should be re-chilled and whipped again. It will not turn to butter. The addition of 2 tablespoons of lemon juice results in a stiffer and more lasting "whip," and this is recommended in cases where the tart flavor will be agreeable.

Irradiated Carnation Milk triples in volume when whipped. It makes an excellent topping for fruit desserts or custards and may be used in a great variety of delicious frozen desserts, fruit whips, mousses, sauces, and garnishes.

FOR "CREAMING" COFFEE, CEREALS, FRUITS AND DESSERTS. Wherever rich cream is called for, Carnation serves admirably, at about one-third the cost of cream. It has the additional advantage of adding fewer calories to the dish, for Carnation contains less fat than cream.

IN CHILDREN'S DIETS. Carnation is the ideal milk for this purpose. It has all the food solids of pure, whole pasteurized milk—furnishes the same nourishment. It is more easily digested than raw or pasteurized milk. It is safe.

IN INFANT FEEDING. Here Carnation has won highest fame. Baby specialists the country over specify it. Hospitals and clinics everywhere employ it. Mothers by the thousands are using it every day for babies, because it has proved so exceptionally successful, not only for normal infants but for ill or premature babies. It is super-digestible—far easier to assimilate than raw or pasteurized milk. It agrees with many babies who cannot take milk in any other form. It is absolutely safe, because sterilization destroys all bacteria that could cause disease. The soft, flaky curds which result from this heat treatment are much more like those formed by mother's milk than are the tough, solid curds of raw or pasteurized milk.

Other advantages of Carnation for infant feeding are *irradiation*, which adds the vital vitamin D to baby's diet in a convenient way; and its *uniformity*, which prevents upsets, takes the guess-work out of feeding formulas, and insures the baby's having a standard quality of milk, at home or traveling.

The Carnation Company does not offer feeding formulas. That is your physician's responsibility. Formulas are simple to prepare with Carnation. It needs no boiling or pasteurizing, but must be diluted with the prescribed amount of pure boiled water, since it is twice as rich as the average bottled milk.

If you would like more information on infant feeding, we will gladly send you a copy of "Your Contented Baby," a booklet which tells more about the wonders that Carnation has achieved in this specialized field.



Rules

RULES FOR MEASURING

- For all measurements in recipes use a case knife or spatula in leveling.
Use a standard teaspoon, tablespoon, and measuring cup. In using a measuring cup, notice whether the cup mark is at the top of the cup or slightly below it.
Always sift dry ingredients such as flour, powdered sugar, etc., before measuring.
When the recipe calls for dry ingredients, liquids, and fats, measure the dry ingredients, then the liquids, and then the fats, using only one cup.
To measure solid fat, pack solidly into a measuring cup and level off. When butter or shortening is bought in a pound brick, the brick may be sliced to save time in measuring the fat. One-fourth of the brick equals $\frac{1}{2}$ cup, one-half of the brick equals 1 cup.

For one-half spoon, divide spoon lengthwise.

For one-quarter spoon, divide lengthwise and then crosswise.

For one-eighth spoon, divide the quarter diagonally.

TABLE OF ABBREVIATIONS

tblsp. = tablespoon	c. = cup	qt. = quart	oz. = ounce
tsp. = teaspoon	min. = minute	pt. = pint	hr. = hour
	sq. = square	lb. = pound	

TABLE OF WEIGHTS AND MEASURES

3 teaspoons = 1 tablespoon	60 drops of liquid = 1 teaspoon
16 tablespoons = 1 cup	8 ounces = 1 cup
Pinch, dash or a few grains = Less than $\frac{1}{8}$ teaspoon	
3 medium sized oranges = 1 cup juice	
4 to 5 medium sized lemons = 1 cup juice	

TABLE COMPARING WEIGHTS AND MEASUREMENTS

2 cups liquid	4 cups white flour	} = 1 pound
2 cups butter (packed solidly)	8 or 10 eggs (in shells)	
2 cups granulated sugar	4½ cups ground coffee	
3½ cups confectioners' sugar	3 bananas	
2¾ cups brown sugar	2 cups salt	
2⅔ cups oatmeal	2 cups rice	} = 1 ounce
2 tablespoons butter	4 tablespoons cocoa	
4 tablespoons flour	1 square chocolate	
1 cup Carnation Milk makes 3 cups whipped.		



Rules

TESTS OF OVEN TEMPERATURES FOR VARIOUS MIXTURES

Time required to brown paper	Oven temperature indicated	Uses
2 minutes	Very hot—450°-550°	Popovers, pastry
3 minutes	Hot—400°	Biscuits, muffins, small cakes
4 minutes	Moderate—350°	Bread, layer butter cakes
5 minutes	Slow—300°	Loaf butter cakes, layer sponge cakes
6 minutes	Very slow—250°	Loaf sponge cake

FRYING CHART

Cooked foods	400°F.
Uncooked foods	380°F.

If you haven't a thermometer, cooked foods should be fried in deep fat hot enough to brown a one-inch cube of bread in 40 seconds or counts, while uncooked foods, such as doughnuts, should be fried in fat hot enough to brown a one-inch cube of bread in 60 seconds or counts.

CANDY CHART

Thread 236°F.	Icings	Hard ball 268°F.	Taffy
Soft ball 238°F.	Fudge, Penuche	Crack or brittle 288°F.	Butterscotch
Firm ball 248°F.	Caramels	Hard crack 300°F.	Clear hard candies

JELLY TESTS

To test jelly, dip some of the mixture into a spoon and allow to cool slightly. Pour it gently from the edge of the spoon. If it runs off like syrup, the jelly is not cooked enough, but if it breaks off in flakes or sheets, the jelling stage has been reached. Jelly stage—(221 to 223°F.).

FOUR SIMPLE RULES OF MEAT COOKERY

1. *How to Broil.* Thoroughly preheat broiling oven with oven regulator set as high as possible. Place meat on rack about 3 inches below heating element. Broil with oven door open. When nicely browned on one side, salt and pepper and turn. Broil on other side until it is cooked as well done as desired.
2. *How to Braise.* Brown in hot fat. Add a small amount of liquid. Cover closely. Cook slowly until tender.
3. *How to Roast.* Place in pan, fat side up. Add seasoning. Do not add water. Do not cover. Do not baste. Roast in a moderate oven (300-350°F.) until meat is done.
4. *How to "Boil."* Place meat in kettle. Cover with hot water. Simmer slowly, do not boil. Cook until tender.



Appetizers and Canapés

*Assorted Appetizers

GLAZED SHRIMP

Dip whole fresh shrimp in glaze made as follows:

- 1 cup of French dressing
- 2 teaspoons gelatin in $\frac{1}{4}$ cup cold water

Soak gelatin in cold water and dissolve over boiling water. Add to dressing. Dip shrimp into glaze and chill until glaze is firm.

EGGS

Devilled and garnished with red caviar, anchovy fillets, parsley, pimiento, capers or pearl onions.

TOMATOES

Slices of very small tomatoes garnished with cream cheese and parsley.

Served with appetizer sauce and melba toast rounds.

Caviar Canapés

- 2 hard cooked eggs
- 1 small can caviar
- 1 large tomato
- 4 toast rounds

Cut eggs in half lengthwise, remove yolks, mix with caviar. Refill egg whites and place a half egg cut side down on a slice of tomato, which is placed on toast round of the same size. Top with dressing made as follows:

- $\frac{3}{4}$ cup mayonnaise (recipe page 42)
- $\frac{1}{4}$ cup chili sauce
- 1 tablespoon each minced onion and green pepper

Broiled Grapefruit

Cut grapefruit in halves, remove center and seeds and cut around each section, leaving membranes in place. Sprinkle each half with brown sugar, add dot of butter, a dash of nutmeg, and maraschino cherry. Place under broiler and broil for 10 to 12 minutes. Serve hot. A tablespoon of maraschino cherry juice may be added before serving.

Deviled Ham and Stuffed Olive Canapés

- 1 No. $\frac{1}{2}$ can deviled ham
- $\frac{1}{4}$ cup chopped nuts
- 2 tablespoons soft butter
- Slices of olives stuffed with pimientos

Cut bread in thin slices and remove crusts and form into shapes with a cutter. Mix ham, butter and nuts together and spread on bread. Arrange olive slices on top.

Dried Beef Rolls

To a 3-ounce package of cream cheese, add one-half of a finely chopped onion. Mix together thoroughly. Roll a strip of dried beef around a small amount of these cheese mixtures. Fasten together with a woodpick.

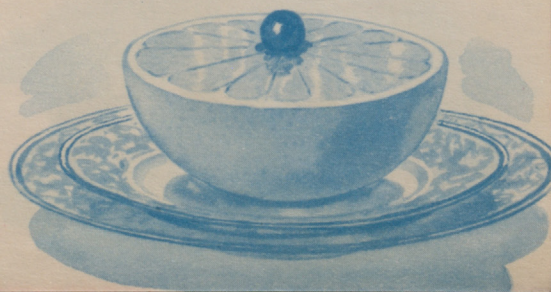
Lobster and Bacon Canapés

Cut bread in rounds, toast them in oven and butter well. Remove lobster from can or use freshly cooked lobster meat. Season with salt and paprika, brown in melted butter in which a little minced onion is cooked. Roll when brown in a slice of uncooked bacon to completely cover the lobster meat. Fasten with woodpicks and broil under the flame until bacon is brown. Serve coated with tartare sauce. Garnish with pimiento.

Polka Dot Canapés

- Rounds of toast
- Mayonnaise (recipe page 42)
- 1 package (3 oz.) cream cheese
- Caviar

SHAPE cream cheese into small balls. Chill thoroughly. Roll in caviar until well dotted. Cover rounds of toast with Carnation mayonnaise and place 1 ball on each toasted round.



Appetizers and Canapés

Pumpernickel Canapés

1 tablespoon bottled horseradish, well drained
 ¼ teaspoon dry mustard
 2 tablespoons butter
 Dash of paprika

COMBINE ingredients and mix until smooth. Cut out rounds of pumpernickel bread and spread mixture on them. On top of each round lay 2 small strips of anchovy.

Timbale Cases

TIMBALE cases may be filled with appetizer mixtures. The cases should be tiny. They can be filled with anchovy paste, caviar, cream cheese or any desired appetizer.

1 cup flour
 ½ teaspoon salt
 ½ teaspoon sugar
 ⅓ cup Carnation Milk diluted with ⅓ cup water
 1 egg
 1 tablespoon melted shortening

Sift together the dry ingredients and stir in the milk and beaten egg. Add the shortening and beat well. Place some of the batter in a cup. Then dip the timbale iron, on the end of its handle, into deep fat. Heat the fat to 375°F. Drain out the iron and dip it into the batter in the cup, allowing the batter to coat the iron only three-fourths of the way to the top. Switch the coated iron to the hot fat and fry for 1 to 2 minutes, or until the batter is golden brown. Remove the cases from the hot iron at once and drain on soft paper. They are then ready to be filled.

Stuffed Celery

FILL tender inner stalks of celery with cream cheese seasoned with mayonnaise.

Rye Canapés

Yolks of 2 hard cooked eggs
 ½ teaspoon dry mustard
 1 teaspoon mayonnaise (recipe page 42)
 1 ½ tablespoons deviled ham or deviled tongue

MIX ingredients until smooth. Spread on rounds of rye bread. Top with ring slices of the hard cooked egg white. Sprinkle with paprika.

Egg Canapés

3 hard cooked eggs
 1 tablespoon finely minced chives
 Paprika
 4 tablespoons melted butter
 6 rounds of bread
 Mayonnaise (recipe page 42)
 Parsley
 Tomato catsup
 Anchovy paste

HARD cook eggs and cut in halves lengthwise. Remove yolks. Press yolks through a sieve or mash with a fork. Add paprika, chives and butter. Moisten with equal parts of mayonnaise and catsup. Fill whites with this mixture. Chill thoroughly. Toast rounds of bread and spread thinly with anchovy paste. On each round of toast, place ½ stuffed egg. Sprinkle with paprika.

Tomato Flowers

ONE tomato for each person, stuffed olives, crisp fried bacon, Carnation mayonnaise dressing, and crisp lettuce leaves. Scald and peel the tomatoes and place them, stem end down, on lettuce leaves arranged on individual plates. Cut halfway down, 4 times, thus making 8 petal-like points. Break them back slightly. Chop olives and bacon, mix with mayonnaise, and place 1 tablespoon of this mixture in the center of each tomato. Serve as first course at luncheon or dinner. Cut stars from gelatin and place in center of tomato, topped with cream cheese ball and pistachio nut for poinsettia salad.



Cocktails

Pearl Cocktail

- 2 tablespoons pearl tapioca
- 1 cup grape juice
- ¼ cup lemon juice
- 1 cup ginger ale

SOAK tapioca overnight. Cook until transparent in water in which it was soaked. Strain. Pour cold water over tapioca to separate grains. Combine grape juice, lemon juice and ginger ale. Pour into glass. Add 1 teaspoon tapioca to each glass. Serves 4.

Rainbow Ambrosia

FILL glasses with finely crushed ice, then pour in each, without stirring, first, 2 tablespoons orange juice; over this pour slowly 2 tablespoons raspberry juice, so that it will not mix with the orange; then 2 tablespoons lime juice, then 2 tablespoons loganberry juice, and finally white grape juice. Place a green or red cherry on top and serve with straws, so the drink may be taken without stirring up the different layers of juices which will retain their places and color. Use either bottled or canned fruit juices.

Cranberry Cocktail

- 6 tablespoons sugar
- ¾ cup cranberry sauce
- 2 halves canned apricot
- 1 large banana

SLICE banana and cut apricot in small pieces. Mix ingredients well and chill thoroughly.

Ginger Cocktail

DRAIN and dice the contents of 1 No. 1 can apricots and 1 cup of canned sliced pineapple and arrange in glasses. Place peeled sections of 3 oranges, petal fashion, around the edges of glasses. Decorate the tops with 3 tablespoons strawberries, maraschino cherries or red raspberries. Sprinkle over 1 tablespoon chopped candied ginger. Add 1 teaspoon ginger syrup to each glass. Just before serving, pour over ½ cup cold ginger ale. Serves 8.

Grapefruit Mint Cup

- Grapefruit juice
- After-dinner mints (white)

CHILL grapefruit juice. Pour into individual glasses. Place 2 mint patties in each glass. Let stand until dissolved. Place 2 halved crème-de-menthe cherries in each glass.

Loganberry Fruit Cup

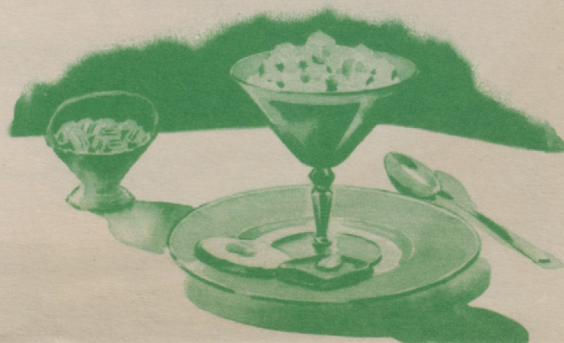
- 1 grapefruit
- 2 oranges
- 2 bananas
- ½ cup white grapes
- 10 maraschino cherries
- ½ cup maraschino cherry juice
- ½ cup grapefruit juice
- 1 cup loganberry juice
- 1 cup water
- ½ cup lemon juice

PEEL and section grapefruit and oranges. Slice bananas. Cut grapes in halves. Remove seeds. Arrange fruit in cocktail glasses. Combine water and fruit juices. Stir until blended. Sweeten to taste. Pour over fruit. Thoroughly chill for several hours. Garnish with maraschino cherries and white grapes. Serves 6 to 8.

Lime and Pineapple Cup

- 1 package lime-flavored gelatine
- 1 cup boiling water
- 1 cup cold or ice water
- 2½ cups diced fresh pineapple

THOROUGHLY dissolve the gelatine in the boiling water. Then add the cold water, turn into a shallow pan to a depth of ½ inch, and chill until firm. Cut into ½ inch cubes and combine with the pineapple cubes which have been sweetened with sugar if necessary. Arrange in sherbet glasses, chill thoroughly before serving. Serves 6 to 8.





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Cocktails

Shrimp Cocktail

- 1½ cups shrimps, flaked crabmeat, salmon or other sea food (canned or fresh)
- ¼ cup tomato catsup
- ¼ cup chili sauce
- ¼ cup lemon juice
- ½ cup cooking sherry
- 6 drops tabasco sauce
- 1 teaspoon grated horseradish
- 1 teaspoon chopped chives
- ½ teaspoon chopped parsley

If fresh shrimps are used, clean and prepare them. Chill in the refrigerator. Combine remaining ingredients for the Cocktail Sauce and place in refrigerator. At serving time, place fish in cocktail glasses and cover with cocktail sauce, allowing 1 to 2 tablespoons sauce for each serving. Serves 4. The sherry may be omitted.

A very attractive way to serve fish cocktails is to freeze ice cubes until the outside has formed, then pour out all the remaining water and put back into the freezing compartment until serving time. At serving time, place the hollow ice cups in center of cocktail glass and fill the cup with the cocktail sauce. Place shrimps or crabmeat around the ice cup.

Tomato Juice Cocktail

- 2 cups tomato juice
- 4 teaspoons chopped parsley
- 4 teaspoons chopped chives or chopped onion
- ½ teaspoon tabasco sauce
- ½ teaspoon Worcestershire sauce
- 1 cup lemon carbonated beverage
- 4 tablespoons Carnation Milk, undiluted

Let chives, parsley and seasonings stand in the tomato juice in the refrigerator for 3 hours. Strain (or lift out the chives with a fork). Chill thoroughly and add the lemon carbonated beverage, which has been previously chilled and the chilled Carnation Milk. Shake or stir slightly and serve in glasses surrounded with shaved ice.

Serve with Anchovy Potato Chips. To prepare, spread anchovy paste on large crisp potato chips. Sprinkle very lightly with paprika.

*Fresh Fruit Cup

- 3 small grapefruit or large oranges
- 4 oranges (sectioned)
- 1 pint strawberries (hulled and sliced)
- 4 bananas (sliced)
- 1 bunch of grapes (cut in halves)
- Other fresh fruit in season
- ½ pint mint sherbet

Cut grapefruit or oranges in half. Scoop out pulp and decorate border with knife. Fill with fresh fruits and top with sherbet. Serves 6. A very pleasing effect for formal parties is to serve the grapefruit on crushed ice. The ice may be tinted any desired color according to the occasion.

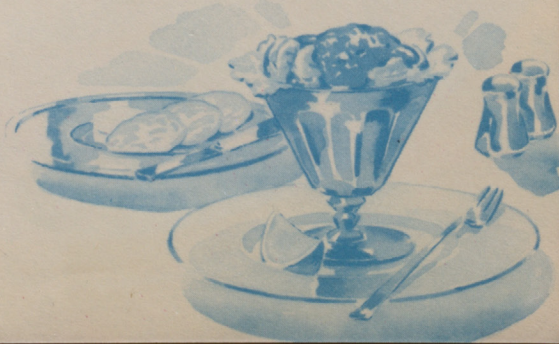
Melon Ball Cocktail

With a French vegetable cutter, scoop out balls from melons such as cantaloupe, honeydew, watermelon or casaba. Put balls in cocktail glasses. Squeeze lemon or lime juice over balls. Chill thoroughly and garnish with sprig of mint.

Sherbet Cocktail

- Lemon or orange sherbet
- 2 oranges
- ½ cup fruit juice
- 1 banana

Pare oranges and remove all white inner skin. Separate into sections. Slice banana and cut in small pieces. Combine fruits and pour fruit juice over all. The juice will prevent banana from discoloring. Cover and chill thoroughly. At serving time place a spoonful of fruit in bottom of sherbet glass and put a spoonful of sherbet over the fruit. Various fruits and sherbet combinations can be used. Lemon sherbet with raspberries is delicious.



Soups and Chowders

Clam Chowder

- 1 No. 2 can clams, cut into small pieces
- 1 No. ½ can clam juice
- 1 cup water
- ¼ lb. salt pork cut into small cubes
- 1 green pepper, diced
- 1 medium onion, diced
- 3 tablespoons flour
- 4 cups cubed potatoes
- 1 cup cubed celery
- 2 cups Carnation Milk diluted with 1 cup water
- 1 cup stewed tomatoes
- Salt, pepper, paprika to taste
- A pinch of thyme

FRY the salt pork, onion and green pepper lightly for 5 minutes, but do not brown; add seasonings and flour. Blend thoroughly. Add the water, clam juice from both cans and milk, stirring well; add potatoes and celery. Cook until vegetables are tender. Then put in the tomatoes and clams and bring to a boil. Serve very hot.

Cream of Split Pea Soup

- 1 cup dried split peas
- 2 quarts cold water
- Small piece fat salt pork
- ½ small onion
- 4 tablespoons fat
- 3 tablespoons flour
- 1¼ teaspoons salt
- ⅛ teaspoon pepper
- 1 cup Carnation Milk diluted with 1 cup water

PICK over peas, cover with cold water and soak overnight. Add the cold water, pork and onion. Simmer 4 hours, or until soft. Press through sieve or potato ricer. Meanwhile, melt the fat and add flour, stir to smooth paste. Add pea pulp, salt, pepper and milk. If too thick, add more milk. Garnish with croutons and toasted almond slices.

Corn Chowder

- 1 cup corn, cooked
- ¼ cup salt pork cut in cubes
- 1 small onion, cut fine
- 1 cup raw potato cut in cubes
- Salt and pepper
- 1 cup water
- 1 tablespoon flour
- 2 cups Carnation Milk, undiluted

COOK pork in frying pan for five minutes; add onion and cook slowly until soft. Parboil potato for 5 minutes in water. Combine pork and onion with potato. Add corn. Thicken milk with flour. Add to mixture. Stir until well blended and mixture comes to boil. Add seasonings. Serve very hot.

Cream of Mushroom Soup

- 1 lb. mushrooms, fresh
- 2 slices onion
- ¼ cup butter
- 2 tablespoons flour
- 2 cups Carnation Milk diluted with 2 cups water
- Salt and paprika to taste

CLEAN mushrooms. Chop. Slice onions fine. Heat butter in a saucepan and cook the mushrooms and onions in this for 10 minutes. Add the flour and blend well. Add the milk, stirring constantly until thickened. Bring to boil and boil 2 minutes. Season. Serve hot, with chopped parsley sprinkled over the top.

*Cream of Tomato Soup

- 1 can tomato soup
- 1 tall can Carnation Milk

HEAT the milk and the tomato soup separately, watching carefully to prevent scorching. When both are piping hot (not boiling) and you are ready to serve, pour the hot tomato into the hot Carnation and serve immediately. To avoid curdling be sure to pour the tomato into the milk instead of vice versa. Do not combine the tomato and milk until ready to serve as these should be heated separately. Makes a thick delicious soup. Season to taste. Serves 4.



*See illustration on page 17

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Soups and Chowders

Vegetable Chowder

- ¼ lb. salt pork, diced into small pieces
- 3 cups diced potatoes
- 2 cups diced carrots
- ½ cup diced onion
- 1 diced green pepper
- 2 cups stewed tomatoes, hot
- 1 cup Carnation Milk diluted with 1 cup water
- 2 tablespoons flour
- Salt and pepper to taste

BARELY cover vegetables with water or a good stock and cook until tender. Fry pork, onion and green pepper carefully for about 5 minutes so as not to brown them, add flour and blend. Add milk, stirring constantly until smooth. Add tomatoes and vegetables with water in which they were cooked, adding just a pinch of soda, and serve at once.

Oyster Stew

- 2 cups Carnation Milk, diluted with 2 cups water
- 1 quart oysters
- 4 tablespoons butter
- 2 tablespoons flour
- Salt
- Paprika
- Chopped parsley

HEAT milk in double boiler. Strain the oysters from their liquor and pick out any small pieces of shell that may cling to them. Heat the liquor slightly. Melt butter and add flour. Stir into the hot milk until it thickens. Add the oysters and liquor and cook for 5 or 10 minutes, or until the edges of the oysters begin to curl. If the oysters are cut up, the flavor will be stronger. Season to taste with salt and paprika and serve immediately. Turn into a large tureen, sprinkle with paprika and chopped parsley, and ladle out individual portions. Serve with oyster crackers. Serves 6.



Cream of Corn and Almond Soup

- ½ cup canned corn
- 1 cup Carnation Milk diluted with 1 cup water
- 1 medium sized onion, sliced
- 1 bay leaf
- 1 celery stalk
- 2 tablespoons butter
- 2 tablespoons flour
- 2 tablespoons Carnation Milk, undiluted
- ¾ teaspoon salt
- ¼ lb. blanched almonds
- 1 tablespoon butter
- 1 cup Carnation Milk, whipped †

COMBINE corn, milk, onion, bay leaf, celery stalk and cook slowly without boiling for 15 minutes in a double boiler. Strain through sieve. Melt butter, add flour slowly, then undiluted milk, stirring until smooth. Add this white sauce to the strained corn soup. Season with salt. Blanch almonds by pouring boiling water over them. Let them stand 3 or 4 minutes, remove skins, then chop. Heat them in 1 tablespoon butter without browning and add to soup with the whipped Carnation Milk. Heat and serve. Can be garnished with whipped Carnation Milk and a dash of paprika.

Onion Soup

- 3 onions
- 3 tablespoons butter
- 2 bouillon cubes
- 2½ cups Carnation Milk, diluted with 3 cups boiling water
- Salt and paprika to taste
- ¼ lb. cheese, cut in cubes
- ½ cup grated cheese
- 6 toast squares (cut in 2-inch squares)

SLICE onions very thin. Fry in butter for a few minutes, being careful not to brown them. Simmer until onions are tender. Dissolve bouillon cubes in milk, add milk and seasonings. Pour into individual ramekins or baking dishes. Put toast squares on soup and top each square with cubes of cheese. Set under the broiler flame until cheese melts and browns slightly. Serve hot. Place grated cheese in separate dish so that those who wish it may add more cheese to the soup. Serves 6.

†Whipping Directions on page 6

Entrées

Baked Chili

- 1 pound chopped beef
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{8}$ teaspoon paprika
- 1 egg, beaten
- 2 tablespoons melted fat
- 2 tablespoons onion, chopped
- 2 tablespoons green pepper, chopped
- 2 cups tomatoes
- 2 cups chili beans or 1 can kidney beans
- 1 teaspoon chili powder
- 2 teaspoons salt

SEASON the chopped beef with the $\frac{1}{2}$ teaspoon salt and paprika, add the beaten egg, and form into a flat cake about $\frac{3}{4}$ inch thick. Place in a flat greased baking dish about 12x7 $\frac{1}{2}$ x2 inches, and bake for 10 minutes in a hot oven (500°F.). Heat the fat in a frying pan, add the chopped onion and pepper, and cook for 2 minutes. Add the tomatoes, beans, the 2 teaspoons salt, mixed with the chili powder, and bring to a boil. Pour around the meat and let cook in a slow oven (325°F.) for 20 minutes.

Chicken Croquettes

- 3 tablespoons quick-cooking tapioca
- $\frac{1}{2}$ cup Carnation Milk diluted with $\frac{1}{2}$ cup chicken stock or water
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{8}$ teaspoon paprika
- 1 teaspoon finely chopped onion
- 2 tablespoons chopped pimiento
- 1 $\frac{1}{2}$ cups cooked chicken, chopped fine
- Currant jelly

ADD tapioca and onion to milk in upper part of double boiler. Bring to scalding point and continue to cook for 5 minutes longer, stirring often. Add salt, paprika, pimiento and chicken and mix well. Chill. Shape into nests. Coat with egg and crumbs and fry in deep fat. Fill centers with currant jelly. Makes 12 small croquettes. An excellent way to use up left-over meats, vegetables and cereals is in the form of croquettes. Any left-over meat may be combined with peas, carrots, onions, etc., and made into tasty concoctions. Be sure the croquettes are crisp on the outside. Croquettes will not be grease-soaked or indigestible if they are correctly fried in deep fat.

Creamed Shrimp and Peas in Bread Basket

- 2 cups fresh shrimp flakes or salmon
- 1 cup cooked peas
- 1 $\frac{1}{2}$ cups Carnation Milk diluted with
- 1 $\frac{1}{2}$ cups water
- $\frac{1}{2}$ cup flour
- $\frac{1}{3}$ cup butter
- $\frac{1}{2}$ teaspoon salt
- Dash of white pepper
- $\frac{1}{4}$ teaspoon paprika
- $\frac{1}{2}$ teaspoon Worcestershire sauce

HEAT the butter. When melted, add the flour. Blend thoroughly. Add the milk gradually, stirring constantly. Add seasonings and cook for 5 minutes or until mixture is well thickened. Add shrimp flakes and peas and continue to cook slowly for 5 more minutes. Serve in a bread basket.

METHOD OF MAKING BREAD BASKET

Cut the side and end crusts from a day old loaf of bread. Then beginning $\frac{1}{2}$ inch from the center of the top of loaf make a cut 2 inches straight down as though you were starting to cut a slice of bread from near the center of the loaf. Move your knife 1 inch; that is, $\frac{1}{2}$ inch past the center line on the opposite side from your original cut, and cut down 2 inches. Then slice off these 2 top sections from each end to first cuts, leaving the 1-inch handle of the basket. Now make a cut 1 inch from each edge and keeping the knife up 1 inch from the bottom, insert knife at the end of the loaf, 1 inch from the bottom and cut from one side to the other, then carefully pull out the center of the loaf, leaving an inch wall on all sides. Wrap the handle of the basket with a strip of waxed paper so that it does not brown too much and place the basket on the broiler rack, browning all sides until a golden brown.





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Entrées

*Noodle Ring with Creamed Chicken

- 1 lb. noodles
- 3 eggs
- $\frac{3}{4}$ cup Carnation Milk diluted with $\frac{1}{4}$ cup water
- $\frac{1}{2}$ tablespoon Worcestershire sauce
- Dash of salt and pepper
- 2 tablespoons catsup
- 1 cup grated cheese

COOK the noodles and drain. Beat eggs well. Combine with other ingredients. Add to noodles and pour into buttered ring mold. Set in a pan of hot water and bake in a moderate oven (350°F.) for 45 minutes. Unmold carefully onto a large platter and fill the center with creamed chicken.

CREAMED CHICKEN

- One 4 or 5 lb. chicken, cooked until tender
- 3 cups chicken stock or Carnation Milk, undiluted
- 3 tablespoons finely cut celery
- 3 tablespoons finely chopped green pepper
- 1 tablespoon finely cut parsley
- Salt to taste
- $\frac{1}{2}$ cup butter or chicken fat
- 4 tablespoons flour
- $1\frac{1}{2}$ cups mushrooms, canned or fresh, fried in butter
- $\frac{1}{2}$ cup pimiento, cut in thin strips
- 2 egg yolks
- Paprika

After chicken is cooked, remove meat from bones and cut in cubes. Fry the celery and green pepper in the bottom of a pan with a little of the chicken fat. Heat the butter, add the flour and stir until blended. Add stock or milk and cook until thickened, stirring constantly. Add chicken, celery, green pepper, mushrooms, pimiento and parsley. Just before serving, add the yolks of the eggs mixed with some of the mixture. Season with salt and paprika. Pour this into the center of the noodle ring. Over the chicken, sprinkle tiny bits of pimiento and a generous dash of paprika, and over the noodle ring finely cut green pepper. Onion cups filled with buttered carrots, bits of cranberry marmalade and parsley can be used for garnishes. Serves 8.

Creamed Oysters in Patty Shells

- 1 pint oysters
- 2 tablespoons butter
- 4 tablespoons flour
- 1 cup Carnation Milk, undiluted
- Liquor from oysters plus water to make one cup
- $\frac{1}{2}$ teaspoon salt
- Dash of paprika and celery salt
- $\frac{1}{2}$ teaspoon Worcestershire sauce

IN a saucepan parboil oysters slowly in oyster liquor. Cook until the edges of oysters begin to curl. Sprinkle lightly with salt. Melt butter in a saucepan, blend with flour, stirring constantly. Add milk, the oysters together with liquor, salt, paprika, celery salt and Worcestershire sauce. Serve in patty shells and garnish with parsley. Serves 6.

Ham Luncheon Loaf

- $1\frac{1}{2}$ cups ham, cut in small pieces
- 1 package lemon gelatine
- 1 cup boiling water
- $\frac{1}{4}$ cup vinegar
- $\frac{1}{4}$ teaspoon paprika
- 1 teaspoon salt
- $\frac{3}{4}$ cup cold water
- $\frac{3}{4}$ cup mayonnaise (recipe page 42)
- 2 tablespoons minced green pepper
- 2 tablespoons minced dill pickle
- $1\frac{1}{2}$ teaspoons powdered mustard

CUT cooked ham into small pieces. Add boiling water to gelatine and allow to dissolve. Add vinegar and water, allow to cool slightly. Add other ingredients and turn into loaf pan. Place in the refrigerator to congeal. Turn out on chop plate and garnish with lettuce or endive and sliced eggs and tomatoes. Meats other than ham can be utilized in this recipe. Chicken and veal are particularly good. This loaf is excellent for bridge luncheons, buffet suppers, and for hot summer days.



Entrées

French Fried Bananas

- 3 bananas
- Juice of 2 lemons
- 3 teaspoons black pepper
- $\frac{1}{4}$ teaspoon salt
- 1 egg
- Cornflakes

CUT bananas in quarters lengthwise. Soak in lemon juice, pepper and salt for 1 hour. Let drain on cloth $\frac{1}{2}$ hour. Roll in beaten egg, then in cornflakes. Crush cornflakes, do not roll. Fry in deep fat until a golden brown. Makes 12 pieces. Delicious served with meat.

Ham or Veal Timbales with Creamed Mushrooms

- 4 tablespoons butter
- $1\frac{1}{2}$ cups bread crumbs
- 1 cup Carnation Milk diluted with 1 cup water
- 2 cups chopped cooked ham or veal
- 1 tablespoon chopped parsley
- 1 teaspoon minced onion
- 4 eggs, slightly beaten
- Salt and paprika
- 1 cup cream sauce
- $\frac{1}{4}$ cup fried chopped mushrooms

MELT butter, add bread crumbs and milk. Cook 5 minutes, stirring constantly. Add the meat, parsley, minced onion and slightly beaten eggs. Season. Turn into buttered molds. Set molds in a pan of hot water and place in a medium (375°F.) oven for 30 minutes. Test with a silver knife. If it comes out clean after inserting in center of mold, the timbale is cooked. Invert timbale in center of each plate. Put cooked mushrooms into well seasoned cream sauce, made by melting 2 tablespoons butter, then adding 2 tablespoons flour and gradually stirring in 1 cup undiluted Carnation Milk and seasoning with salt and paprika, pour around timbales. Serves 5.



Chicken Pot Pie

- 1 chicken cooked until tender
- Rich chicken stock
- 2 tablespoons flour to each cup of stock
- Salt to taste
- 1 tablespoon minced parsley

REMOVE the chicken from the bones, cutting in $\frac{3}{4}$ inch pieces. Put into a shallow casserole or baking dish. Thicken the stock with the flour, season well, and pour it over the diced chicken. Sprinkle the parsley over the top and place in a hot oven. When it has baked for about 15 minutes, drop dumplings over the top, return to the oven and bake until a light brown.

DUMPLINGS

- 2 cups flour
- 3 teaspoons baking powder
- 1 egg
- 1 teaspoon butter
- 1 teaspoon salt
- $\frac{1}{2}$ cup Carnation Milk diluted with $\frac{1}{4}$ cup water

COMBINE flour, salt and baking powder. Work the butter in with the fingertips, break egg into the center, add the milk gradually, stirring. The batter should be quite stiff. Drop by small spoonfuls on top of the chicken and bake in a hot oven till a light brown.

Escalloped Cheese

- 4 slices bread—buttered
- 3 eggs
- 1 cup Carnation Milk diluted with 1 cup water
- 1 teaspoon salt
- 1 cup grated cheese
- Paprika, mustard

CUT buttered bread into small squares. Beat eggs thoroughly together, add salt and scalded milk. Place layer of bread in a buttered baking dish, cover with some cheese, sprinkle with a little mustard and paprika. Cover with a layer of bread and cheese. Sprinkle with a little mustard and paprika. Pour over all the milk and eggs and let stand 15 minutes. Bake in a moderate oven until firm. Serve immediately.

Vegetables

* Sweet Potatoes en Casserole

COOK sweet potatoes until they are nearly tender. Cool, pare and cut into slices about $\frac{1}{2}$ inch thick. Butter a casserole and place potato slices in it. Cream together 1 cup brown sugar and $\frac{1}{4}$ cup butter. Spread this over the potatoes. Pour $\frac{1}{2}$ tablespoon vinegar over all. Place casserole in moderate oven (350°F.) and bake for 30 minutes. Take from oven and top with border of marshmallows. Return to oven and bake 10 minutes or until marshmallows are lightly browned. These potatoes are especially good served with roast chicken, turkey or pork.

For variation, put prepared potato slices in casserole, dot with butter, sprinkle with brown sugar and a little flour, add undiluted Carnation Milk to cover potatoes. Bake in moderate oven.

French Fried Cauliflower

- 1 medium sized head cauliflower
- 4 cups boiling water
- 1 egg
- $\frac{1}{2}$ teaspoon salt
- Deep fat for frying
- Bread crumbs

COOK cauliflower 10 minutes or until tender. Break into flowerets. Drain. Roll in crumbs, then in egg slightly beaten with 1 tablespoon water and in crumbs again. Fry in deep fat (370°F.). Drain on absorbent paper.

Dutch Potatoes

PUT a layer of sliced raw potatoes in greased baking dish. Add 3 tablespoons of Carnation Milk and 3 tablespoons water. Cover potatoes with a few slices of onion and a few slices of bacon. Season with a little salt and paprika. Fill the dish with alternate layers of potatoes, onion and bacon, making the top layer of bacon. Bake in a moderate oven 1 hour. Canned corn and grated cheese may be used instead of onion and bacon if desired, making the last layer cracker crumbs and cheese.

Baked Carrot Ring Filled with Peas

- 2 cups puréed carrots
- $\frac{3}{4}$ cup Carnation Milk, undiluted
- 2 tablespoons butter
- 1 cup bread crumbs
- 4 tablespoons flour
- 4 eggs, separated
- 1 No. 2 can peas
- 1 cube sugar 1 clove garlic
- Salt to taste

COOK carrots until tender and put through sieve. Melt butter in top of double boiler and add flour and milk gradually. Cook until thick. Put over hot water in bottom of double boiler. Add slightly beaten egg yolks and cook until thickened. Then add salt, puréed carrots and fold in stiffly beaten egg whites. Grease ring mold and turn in mixture. Place ring mold in a pan of water and bake at 375°F. until firm, about 30 minutes. Turn mold out on chop plate, garnish with parsley. Heat peas and add cube of sugar which has been rubbed with garlic clove. Serve peas in center of ring.

Candied Squash

- 1 small Hubbard squash
- 1 cup sugar
- $\frac{1}{4}$ cup butter
- $\frac{1}{2}$ teaspoon salt
- 1 cup water

WASH the squash and cut into suitable pieces for serving, about 3x4 inches, removing the seeds and membrane. Make a thin syrup of the sugar, butter, salt and water. Pour into a large shallow baking pan. Arrange the pieces of squash, yellow side down, in the pan. Bake in a moderate oven (350 to 375°F.) until the squash is very tender. It may also be cooked slowly on top of the stove, if tightly covered and in a heavy pan. Serve the pieces with any syrup that remains placed in the center of each piece. Serves 6.





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Vegetables

*Spinach Mold

- 1 peck spinach, cooked tender and put through grinder
- 3 unbeaten eggs
- $\frac{1}{4}$ cup Carnation Milk, undiluted
- $\frac{1}{4}$ cup butter
- $1\frac{1}{2}$ cups bread crumbs
- $\frac{1}{4}$ teaspoon pepper
- 1 teaspoon salt

COMBINE all ingredients, turn into a buttered ring mold and steam for 2 hours. Unmold and garnish with hard cooked eggs and carrots. Fill the inside of the mold with mashed potatoes or creamed mushrooms.

Stuffed Onions

- 6 large onions, peeled
- 3 tablespoons chopped green pepper
- $\frac{1}{2}$ cup finely chopped celery
- 2 tablespoons finely chopped parsley
- $1\frac{1}{4}$ teaspoons salt
- $\frac{1}{8}$ teaspoon pepper
- 12 butter crackers, finely crumbled

BOIL in salted water 5 minutes. Drain in cold water. Cut in half crosswise, simmer in more salted water until almost tender. Drain, remove centers and chop fine with remaining ingredients. Add crackers and stuff onions. Bake in covered baking pan 50 minutes in hot oven.

*Asparagus and Cauliflower with Rarebit Sauce

- 2 tablespoons butter
- 2 tablespoons flour
- $\frac{1}{2}$ cup Carnation Milk diluted with $\frac{1}{2}$ cup water
- $\frac{1}{4}$ teaspoon salt
- $\frac{3}{4}$ cup grated Canadian cheese
- Few drops Worcestershire sauce
- Cayenne
- 2 bunches cooked asparagus
- 1 head cooked cauliflower

MAKE white sauce of butter, flour and milk. Add cheese, seasonings, stir until melted. Pour over cooked asparagus and cauliflower. Garnish with pimienta strips. Garnish platter with cucumber and carrot cups filled with cooked peas (see page 73).

Spinach Soufflé

- 3 tablespoons butter
- 3 tablespoons flour
- $\frac{1}{2}$ cup Carnation Milk, diluted with $\frac{1}{2}$ cup water
- Salt and pepper
- $\frac{1}{2}$ teaspoon chopped onion
- $\frac{1}{2}$ lb. Canadian cheese, grated
- 1 cup cooked spinach
- 3 eggs

MAKE a sauce of the butter, flour and milk; when thickened and smooth, add seasonings and grated cheese; stir until cheese is melted. Remove from fire, add spinach which has been thoroughly drained and pressed through a coarse strainer or colander. Add beaten egg yolks, mix well; fold in beaten egg whites; pour into a buttered loaf pan, set pan in hot water and bake at 350°F. about 50 minutes or until center is firm. Any vegetable may be used instead of spinach, or a combination of 3 or 4 vegetables, such as carrots, spinach, cauliflower, beans and peas may be used. The vegetables must be puréed.

Sweet Potatoes in Orange Cases

PARE and cook sweet potatoes until very tender. Mash or press through a ricer. To 2 cups solid potato, add 2 tablespoons butter and $\frac{1}{2}$ cup Carnation Milk (undiluted). Beat until fluffy. Season to taste with sugar and salt. Have ready 6 orange cups made from large fine oranges from which the pulp has been removed and scraped clean. Fill to heaping with the fluffy sweet potato mixture. Decorate with pieces of marshmallow and sprinkle with grated cheese. They may be prepared beforehand and at serving time place in a hot oven (400°F.) long enough to melt and lightly brown the marshmallows. They make a pretty border on a platter of roast fowl or ham. Serves 6.



Vegetables

Asparagus Loaf

- 1 egg
- 1 cup heated Carnation Milk, undiluted
- $\frac{3}{4}$ cup whole wheat cracker crumbs
- 1 tablespoon melted butter
- 1 teaspoon minced onion
- 2 cups canned or cooked fresh asparagus cut into 1-inch pieces
- Salt and pepper to taste

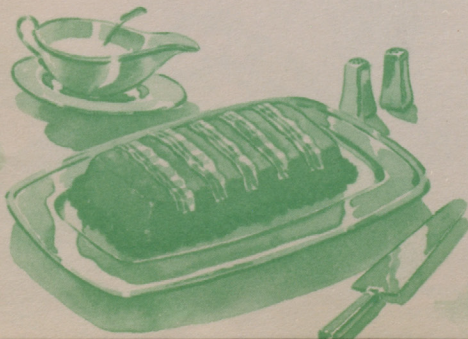
BEAT the egg slightly, add the heated milk gradually and mix. Add the cracker crumbs, melted butter, and onion, and let stand a few minutes until the crumbs absorb some of the liquid. Fold the asparagus into the mixture carefully and season with salt and pepper. Pour into a buttered loaf pan. Bake in a moderate oven (350°F.) for 30 minutes. Serve from the dish or unmold on a platter. Asparagus loaf may be served with a cream sauce and garnished with crisp strips of bacon.

This loaf is an ideal luncheon dish.

Vegetable Casserole

- 5 cups cooked mixed vegetables cut in 1-inch strips (Carrots, string beans, celery, potatoes and onions make a good combination)
- 3 tablespoons flour
- 3 tablespoons butter
- 1 cup Carnation Milk diluted with $\frac{1}{2}$ cup water
- $\frac{1}{8}$ teaspoon cayenne pepper
- $\frac{1}{4}$ teaspoon each white pepper, powdered mustard and paprika
- $\frac{1}{2}$ teaspoon salt
- $\frac{3}{4}$ teaspoon Worcestershire sauce

If canned vegetables are used, they need only be heated thoroughly. Make a white sauce of butter, flour and milk. Add seasonings. Combine with vegetables and turn into buttered casserole. Bake in a slow oven (300°F.) $\frac{1}{2}$ hour. Serves 8.



Onion Shortcake

To make the shortcake, take

- 1 cup flour
- $\frac{1}{2}$ teaspoon salt
- 2 teaspoons baking powder
- 1 $\frac{1}{2}$ tablespoons shortening
- $\frac{1}{3}$ cup Carnation Milk, undiluted
- 1 slightly beaten egg
- $\frac{1}{4}$ teaspoon paprika

Sift the dry ingredients together. Work in the shortening. Combine the milk and half of the beaten egg and add to the dry ingredients, stirring only until mixed. Spread in a deep, greased pie tin and cover with cooked onion topping made as follows:

ONION TOPPING

- 1 tablespoon chopped parsley
- 6 medium sized white onions
- $\frac{1}{2}$ teaspoon salt
- 2 tablespoons butter
- $\frac{1}{8}$ teaspoon paprika

Sprinkle the onions with salt and place in a frying pan in which the butter has been melted. Cover and simmer, stirring occasionally, until the onions are very tender but not browned, add chopped parsley and paprika. Let cool while preparing the shortcake.

Mix the remaining $\frac{1}{2}$ beaten egg with $\frac{1}{2}$ cup of Carnation Milk (undiluted) and pour over the onion topping. Place in a hot oven (425°F.) and bake 25 minutes, or until shortcake is done. Serve at once cut in wedge-shape pieces. This would be served as the main course of a luncheon or dinner. For variety carrots and peas may be combined with the onions. Serves 6.

French Fried Onions

PEEL and cut onions in $\frac{1}{4}$ inch slices. Separate into circles. Salt, dip into Carnation Milk, undiluted, then into flour or bread crumbs. Fry in hot fat (390°F.) until a golden brown, 4 to 5 minutes. Shake onto a sheet of paper to absorb any fat. Any vegetable may be fried in the same manner.

Vegetables

Baked Carrots and Potatoes

- 4 medium sized potatoes
- 4 medium sized carrots
- 1 large onion
- 2 tablespoons butter
- 1 cup Carnation Milk, diluted with 1 cup hot water
- $\frac{1}{4}$ teaspoon paprika
- 1 teaspoon salt

PEEL and slice potatoes, carrots and onion. Grease a baking dish and place vegetables in alternate layers in the baking dish. Season and dot with butter. Continue until potatoes, carrots and onions are all used. Pour milk and hot water over this and cook until tender.

Creamed String Beans

- 1 cup cooked string beans
- 1 egg yolk
- $\frac{1}{2}$ cup Carnation Milk, undiluted
- $\frac{1}{2}$ teaspoon lemon juice
- $\frac{1}{4}$ teaspoon salt

IF beans are cold, add a little hot water; reheat thoroughly in a saucepan. Drain off any excess liquid. Prepare a dressing by beating the egg yolk until light, adding the milk and cooking in double boiler until mixture begins to thicken. Add lemon juice slowly, stirring constantly, then the salt. Mix well together, then add the string beans. Serve immediately.

Eggplant au Gratin

- 1 eggplant
- 4 tablespoons butter
- $\frac{2}{3}$ cup Carnation Milk, undiluted
- $\frac{1}{2}$ cup cheese
- $\frac{1}{3}$ teaspoon paprika

PEEL and slice eggplant, then fry gently in butter until tender. Place in shallow baking dish which can be sent to table, and cover with cheese sauce made by adding cheese, cut into small pieces, to milk which has been heated in a double boiler. Add paprika and beat the mixture until perfectly smooth, then pour over eggplant, brown under broiler or in oven and serve. Serves 4.

Green Peas, French Style

- 2 cups fresh peas
- White portion of 3 green onions, cut fine
- 1 heart of head lettuce, cut into strips
- 1 small sprig of mint, cut fine
- 1 small sprig of parsley, cut fine
- 1 teaspoon sugar
- $\frac{1}{2}$ teaspoon salt
- 2 tablespoons Carnation Milk, undiluted

PUT peas in saucepan, add onions, lettuce, mint, parsley and sugar. Add just enough water to cook the peas until tender. When tender, add milk and salt.

Cheese and Bean Loaf or Roast

- 1 No. 2 can kidney beans
- $\frac{1}{2}$ lb. Canadian cheese
- 1 onion, chopped fine
- 1 tablespoon butter
- 1 cup bread crumbs
- Salt and pepper to taste
- 2 eggs, well beaten

DRAIN the beans and put them with the cheese through a food chopper. Cook the onion in the butter. Combine mixtures, add seasonings and eggs. Pack in buttered loaf tin and cover with buttered bread crumbs. Bake in moderate oven until brown and serve with tomato sauce.

Creamed Potatoes and Eggs

- 3 cups diced cooked potatoes (left-over potatoes may be used)
- 6 hard cooked eggs
- 1 cup Carnation Milk diluted with $\frac{1}{2}$ cup water
- 2 tablespoons butter
- 2 tablespoons flour
- 1 teaspoon salt

MAKE a white sauce of the butter, flour and milk. Add potatoes, salt and eggs cut in slices. Let heat thoroughly. One-half cup of grated cheese may be sprinkled over the top of dish before serving.





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Meats

*Roast Beef

SELECT a 2 or 3 standing rib roast of beef. If desired, have butcher remove ribs and roll roast. Ribs can be used for soup. Sprinkle the roast with salt and pepper. Place roast in open roasting pan. Do not add water and do not cover. Place in hot oven (500°F.) and sear for 20 or 30 minutes or until lightly browned. Then rapidly reduce temperature to slow oven (300°F.) and continue roasting until roast is cooked according to taste; that is, rare, medium or well done. Allow 16 minutes per pound for cooking a rare roast; 22 minutes per pound for medium, and 30 minutes per pound for cooking a well done roast.

*English Yorkshire Pudding

YORKSHIRE Pudding is served with roast beef. Forty-five minutes before roast is done, prepare the following:

- 1 cup flour
- ¼ teaspoon salt
- ½ cup Carnation Milk diluted with ½ cup water
- 3 eggs, well beaten

Mix flour and salt. Add milk and eggs well beaten. Beat entire mixture vigorously for several minutes with a rotary beater or electric mixer. Remove roast beef from pan in which it has been roasting. Pour into a saucepan enough fat for gravy. Leave the remaining fat in the roasting pan, running the fat well up on the sides of the pan to grease it. Pour batter into pan. The batter should be about ½ inch thick. Put roast beef on rack over pudding so that it will continue cooking and the beef juice will drip down on pudding. Bake 15 minutes at 425°F. Then reduce temperature to 375°F. and continue baking for 30 minutes. Make gravy. Yorkshire Pudding puffs up just like popovers and must be served immediately.

Cut in squares for serving. If preferred, bake in greased, hissing-hot iron gem or muffin pans. Yorkshire pudding to be good must be beaten well, as lightness of mixture depends upon air beaten into it.

Savory Stuffed Veal

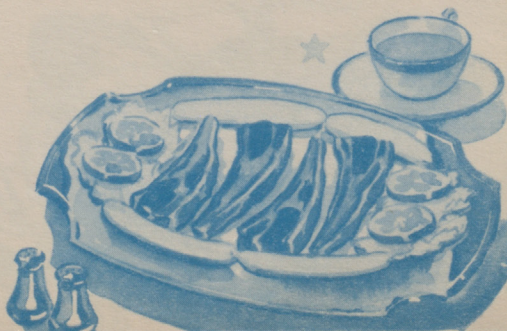
- 1 slice veal, ¼-inch thick
- 1 quart stale bread crumbs
- 2 teaspoons salt
- 2 teaspoons marjoram
- 2 teaspoons chopped celery
- 2 teaspoons chopped parsley
- ⅛ teaspoon pepper
- ¼ cup fat
- 3 tablespoons minced onion
- Flour
- Carnation Milk, undiluted

COMBINE the bread crumbs, salt, marjoram, celery, parsley and pepper. Melt the fat in a skillet, add the minced onion and cook gently until the onion is tender. Then add the bread crumb mixture and continue cooking until the crumbs are a light golden brown. Spread this mixture on the veal, then roll it up tightly and secure with skewers or tie with string. Roll the veal in seasoned flour and fry it in hot fat until golden brown on all sides. Place in a casserole and almost cover with Carnation Milk (undiluted). Cover and bake in a slow oven (350°F.) for 1 hour or until tender. This is delicious served hot, or it may be served cold, sliced thin, and garnished with watercress and radish roses. A slice of round steak may be used instead of the veal. Serves 6.

Frenched Lamb Chops with Bananas

- 4 medium bananas, peeled
- 4 Frenched lamb chops
- 2 tomatoes, cut in halves crosswise

BROIL chops until brown on one side. Turn chops and put bananas and tomatoes which have been brushed with melted butter on rack of broiler. Continue broiling until meat is done. Ground beef, sausages or steaks may be used in place of lamb chops if desired. Meat should be at least ½ inch thick. Serves 4.



Meats

Mock Chicken Legs

- ¼ pound ground pork
- 1 pound ground veal
- 1 teaspoon salt
- ⅛ teaspoon paprika
- 1 tablespoon chopped green pepper
- ¼ cup grated pineapple, drained

COMBINE all ingredients and shape like a chicken leg around a wooden skewer. Roll in bread crumbs, then in egg slightly beaten with 1 tablespoon water and again in bread crumbs. Let stand 30 minutes in the refrigerator. Brown in frying pan in hot fat, add a little water, then reduce temperature. Cover closely and let cook slowly for 45 minutes.

Veal and pork squares may be used, placing alternate squares on skewer.

Escalloped Veal and Tomatoes

- 3 tablespoons quick-cooking tapioca
- 2 teaspoons salt
- 1½ tablespoons granulated sugar
- 1 quart tomatoes, drained and heated
- ⅓ cup finely cut celery
- 2 tablespoons shortening
- 2 cups cooked veal, cubed
- ⅛ teaspoon paprika
- ⅓ cup finely chopped onions
- ½ cup finely cut green peppers
- ½ cup buttered bread crumbs

ADD tapioca, salt, paprika and sugar to tomato juice and cook over low heat 15 to 20 minutes or until clear, stirring frequently. Fry onions in shortening until tender and slightly browned. Cook celery in boiling salted water about 15 minutes, then add green peppers and continue cooking about 5 minutes longer or until both are tender. Drain. Combine tapioca mixture, tomato pulp, celery, green peppers and veal. Turn into baking dish, cover with buttered crumbs and bake in hot oven (400°F.) 15 to 20 minutes, or until crumbs are browned.



Baconized Meat Balls

- 1 pound ground veal
- 1 pound ground pork
- 1 pound ground beef
- 1 small onion, chopped
- ½ cup cracker crumbs
- 1 cup tomato soup
- Salt and paprika to taste
- 1 egg
- Bacon strips
- Bay leaf
- Water

MIX the meat, chopped onion, cracker crumbs, tomato soup, salt, paprika and the slightly beaten egg, and shape into balls. Roll strips of bacon around the outside and fasten together with wood picks. Place them in a baking pan containing a bay leaf and a small amount of water. Bake in an oven at 375°F. until well browned and tender. Remove to hot platter and make a cream gravy to pour over meat balls. To each 2 tablespoons of drippings in pan, allow 1½ tablespoons flour, ½ teaspoon salt and 1 cup Carnation Milk, undiluted. Mix the flour with the drippings, add the milk gradually. Cook over a low flame until thickened, stirring to avoid lumps. Add salt.

Ham and Spaghetti Ring

- ¾ cup spaghetti, uncooked
- 3 eggs
- ¼ teaspoon salt
- Dash of pepper
- 2 teaspoons grated onion
- 2 cups ground raw ham
- 2 tablespoons shortening
- 1 teaspoon Worcestershire sauce
- ½ cup Carnation Milk, undiluted

BREAK the spaghetti in small pieces and cook until tender in boiling salted water. Melt the shortening in frying pan, add the ground ham and sear until well browned. Beat the eggs slightly, add salt, pepper, Worcestershire sauce, grated onion, milk, browned ham and bake in a moderate oven (325°F.) for 35 minutes in a ring mold. Turn onto a platter, garnish with parsley and fill the center with buttered peas, broccoli or other vegetable.

Meats

Pork Chops with Apple Stuffing

- 6 thick pork chops
- 1 slice salt pork, diced
- ½ cup bread or cracker crumbs
- 2 teaspoons finely chopped parsley
- 3 tart apples, diced
- ¼ cup chopped celery
- ¼ cup chopped onion
- ¼ cup sugar
- Salt and pepper

HAVE the pork chops cut 1 to 2 inches thick with a pocket cut from the inside. Fry diced salt pork until crisp, then add celery and onion and cook until tender. Add diced apples, sprinkle with sugar, cover and cook slowly until they are tender and glazed in appearance. Add bread crumbs and season. Stuff into pocket in chops. Season chops with salt and pepper and brown on both sides in a hot skillet. Reduce heat, add a few tablespoons water, cover and let cook slowly until done, for 45 minutes to 1 hour.

Chop Suey or Chow Mein

- 3 tablespoons drippings or other fat
- 1 teaspoon salt
- ½ cup water
- ½ cup onions, finely cut
- 1 cup diced raw pork or fowl
- 2 cups celery, cut into small pieces
- 1 can Chinese vegetables, drained
- 3 level tablespoons cornstarch
- ½ teaspoon paprika
- 1 teaspoon Chinese brown sauce
- 2 tablespoons soy sauce

HEAT fat in covered saucepan or skillet over brisk fire, constantly stirring, and cook rapidly until meat is well seared (4 minutes). Add celery, onion and water. Cover and cook until celery is done (4 minutes). Add Chinese vegetables, drained, to contents of skillet, mix while heating thoroughly. Mix cornstarch in bowl with a little water. Add this thickening to chop suey, stirring constantly to prevent burning. Add sauces and seasonings. Remove from fire and serve piping hot with rice.

For the Lenten season or fast days, shrimp, lobster, crabmeat, tuna fish, or any fish flakes may be substituted for the meat or fowl.

Liver with Vegetables

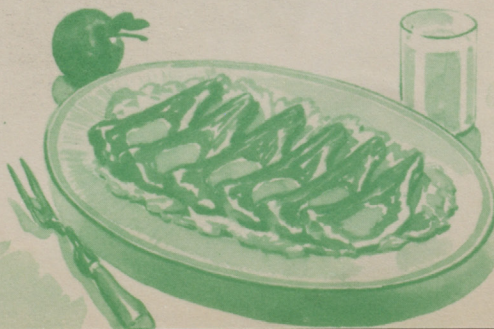
- 1 pound beef or calves' liver
- 2 tablespoons drippings
- 2 tablespoons flour
- ⅛ teaspoon paprika
- ½ teaspoon salt
- 2 large potatoes, diced
- 1 stalk celery, diced
- 4 carrots, diced
- 1 onion, chopped
- 1½ cups tomato juice
- ½ cup water

CUT liver into 2-inch squares, roll in flour, salt and paprika and brown in drippings. Add vegetables and liquids and allow to simmer until vegetables are tender. Transfer cooked meat and vegetables to a baking dish and season with salt and paprika. Make a gravy using the liquid left from the cooked meat. To each cup of liquid add 2 tablespoons of flour mixed with a little cold water. Pour gravy over the meat. Place crust made of biscuit dough on top of the mixture. Bake in a hot oven.

Lemon Meat Loaf

- 1½ pounds lean pork, ground
- 2 eggs, beaten
- Juice and rind, grated, of 1 lemon
- ½ cup cracker crumbs
- Strips of bacon
- 1 cup canned tomatoes
- Salt and paprika to taste
- ½ cup Carnation Milk, undiluted

COMBINE meat, eggs, lemon juice and rind, cracker crumbs and seasonings into a loaf and cover with the tomatoes and strips of bacon. Bake covered in a slow oven (250°F.) for 2 hours. Remove cover and pour over the loaf the Carnation Milk (undiluted) and continue baking uncovered for 30 minutes. Any leftover meat may be utilized in this way, baking 1 hour before adding the Carnation Milk.





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Poultry and Game

Roast Goose with Apple and Raisin Stuffing

SELECT a young goose weighing between 8 and 12 pounds. Singe, wash carefully with hot water, both inside and out, and then salt both inside and out. Stuff with the following:

5 green apples, quartered
1½ cups seedless raisins
2 cups bread crumbs
½ teaspoon cinnamon
2 eggs, beaten lightly
½ teaspoon mace

Put in a very hot oven (450°F.) for 45 minutes. Then remove and drain all fat from the pan. Sprinkle the goose all over with salt and dredge with flour. Return to oven, lower the temperature to 350°F. and keep it there. Allow, in all, 20 minutes' roasting to the pound. When the flour has browned, start basting with hot water in which several tablespoons of butter are melted. Baste frequently. Dredge lightly with flour after each basting to absorb any excess grease. Serve on a large platter with a garnish of glazed small white onions, carrot balls and glazed chestnuts. Serve with brown giblet gravy.

Chicken en Casserole

DISJOINT chicken as for frying, dip in flour and fry in butter or other fat. Place in casserole or baking dish. Put in 5 or 6 stalks of celery, a bay leaf, a teaspoon of poultry dressing, a few sprays of parsley, salt and paprika. Cover with Carnation Milk (undiluted). Cover tightly and cook for 2 hours. Do not open baking dish until ready to serve. Remove celery, bay leaf and parsley before serving. Arrange chicken on platter and pour gravy over it.

Chicken Fried in Carnation Milk

HAVE the butcher cut a chicken for frying. Dust with flour and salt. Brown in butter. Add 1 cup of Carnation Milk (undiluted), cook covered about 25 minutes. If the milk cooks away, add more, a little at a time.

*Roast Chicken

TWO or three pound chicken. Clean and singe it. Remove pin feathers. Wash and wipe it clean. Stuff and truss it. Rub the outer surface of the chicken with a mixture of flour and softened butter, salt and pepper, and place it in a roasting pan with a little chicken fat or bacon drippings. Place in a hot oven (450°F.). When the bird is well browned on one side, baste well with its fat and turn it over on the other side so as to brown it well all over, adding a little water if there should not be sufficient fat to baste it. Reduce the heat to 350°F. and keep on basting it until the chicken is well browned and tender. A chicken weighing 3 pounds takes about 40 minutes to roast.

STUFFING FOR CHICKEN

One large onion, chopped fine. Fry in ½ cup melted butter until soft. Soak a loaf of stale white bread, broken in pieces, in as much water as it will absorb without becoming too soft, and squeeze dry. Add the bread to onions, add a few bacon trimmings, a little salt and pepper, a beaten egg. Stir mixture over fire until dressing is dry. Remove from fire, add finely chopped parsley, and use as a stuffing for the chicken. Garnish with cooked prunes and apricots stuffed with marshmallows.

Chicken Hawaiian

CUT up and cook a large chicken until tender. Skim off fat. Save it and stock. Cool chicken, dip in flour and fry in chicken fat. Dip slices of pineapple in sugar and fry gently in chicken fat. Arrange chicken on a mold of rice and surround with pineapple rings. In center of pineapple rings put a preserved cherry or strawberry. Make gravy out of chicken fat and stock.



Poultry and Game

Fried Rabbit

- 1 young rabbit
- $\frac{1}{2}$ cup flour
- 2 teaspoons salt
- $\frac{1}{8}$ teaspoon paprika
- $\frac{1}{2}$ cup drippings

WASH the rabbit, dry thoroughly, and cut into pieces. Dredge with flour to which seasonings have been added. Heat drippings in frying pan. Place rabbit in fat, which is hot but not smoking, and sear to a golden color on all sides. Reduce flame and cook slowly 30 to 45 minutes, depending upon tenderness of rabbit. Serve with cream gravy.

CREAM GRAVY

Use drippings in which rabbit was fried, allowing 2 tablespoons drippings, $1\frac{1}{2}$ tablespoons flour, and $\frac{1}{2}$ teaspoon salt to each cup of Carnation Milk (undiluted) used in making the gravy. Blend the flour with the drippings, add the milk. Cook over a low fire until thickened, stirring to avoid lumps. Add salt.

Roast Duck a la Orange

SELECT a duck (domestic) weighing from 3 to 5 pounds. If the windpipe when pressed gives easily, the duck is young and tender. Singe, wash carefully, rub inside and out with salt. Dredge with flour. Place in a very hot oven (500°F.) for 15 minutes. Reduce temperature to 350°F. and keep at that temperature until done. Cover the breast of the duck with orange slices. Put 1 tablespoon grated orange rind and $\frac{1}{2}$ cup sliced stuffed olives in bottom of roasting pan. Allow 20 minutes to the pound and baste every 10 minutes, using the orange liquid in the pan for basting purposes. If desired, duck may be stuffed before roasting.



Roast Turkey

ONE 12 to 14 pound turkey. Weigh turkey so as to compute the correct time for roasting. Clean, stuff and truss the turkey. Arrange turkey on rack in roasting pan. Roast in moderate oven (350°F.). Allow 20 minutes for each pound. At serving time, remove skewers, cut the threads, and place the turkey, breast side up, with the neck to the left of the platter.

OYSTER STUFFING

- 2 quarts oysters
- 4 quarts bread crumbs (can be stale but not hard)
- 2 tablespoons salt
- $\frac{1}{2}$ cup melted shortening (butter, drippings, etc.)
- 1 cup oyster liquor
- $\frac{1}{2}$ cup Carnation Milk, undiluted
- 4 tablespoons lemon juice
- 4 tablespoons chopped parsley
- $\frac{1}{4}$ teaspoon paprika

COMBINE crumbs, salt, shortening, parsley, lemon juice and paprika. Add oysters, from which all tiny particles of shell have been removed, the oyster liquor and milk. Mix well before stuffing turkey.

CHESTNUT STUFFING

- 1 quart chestnuts
- 1 cup soft bread crumbs
- $\frac{1}{2}$ cup melted shortening
- 1 tablespoon grated onion
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{8}$ teaspoon paprika
- $\frac{1}{2}$ cup Carnation Milk, undiluted

BOIL chestnuts until tender. Remove shells and skins and put through a sieve. Add other ingredients.

NUT BREAD STUFFING

- 4 cups nut bread
- $\frac{3}{4}$ cup Carnation Milk diluted with $\frac{3}{4}$ cup water
- 1 cup mushrooms
- Salt, paprika, celery salt

CUT bread into small cubes. Moisten with milk. Add mushrooms and seasonings.

Fish

Flaked Fish en Casserole

- 1 cup Carnation Milk diluted with 1 cup water
- ½ cup grated cheese
- 2 cups fish flakes (May be crabmeat, salmon or lobster)
- 2 eggs
- 3 rolled crackers
- 2 tablespoons butter, melted
- Juice of 1 lemon

COMBINE fish flakes and cheese, add beaten eggs and milk, and pour into buttered casserole. Cover with crackers, rolled and mixed with melted butter. Pour over all lemon juice. Cover, set casserole in a pan of warm water. Bake in a moderate oven 30 minutes.

Finnan Haddie Loaf

- 1½ pounds freshened finnan haddie
- 1 egg
- ¾ cup bread crumbs
- ½ teaspoon salt
- ⅛ teaspoon pepper
- ¼ cup Carnation Milk, undiluted
- 1 tablespoon butter, melted
- 2 tablespoons parsley
- 1 tablespoon minced green pepper

FLAKE the finnan haddie, add beaten egg, crumbs, seasonings, milk and melted butter. Pack into a buttered loaf pan, bake in a hot oven (400°F.) for 30 minutes. Serve hot or cold. Serves 4. To freshen fish soak in cold water 1 hour. Drain, cover with boiling water and cook slowly until tender.

Potted Herring

HAVE the herring boned and cut in half. Wash and dry on absorbent towel. On each fillet, place a spoonful of following mixture:

- Chopped onion
- Dried cooked bacon
- Minced parsley
- Cubed celery

Start at the wide end of the fillet and roll, tie securely. Dip in seasoned Carnation Milk, undiluted, then into bread crumbs, and lay in a buttered casserole (open end up). Bake in a hot oven 30 minutes.

Party Perch

SCALE perch, and clean, leaving heads on. Fill cavity with vegetable dressing, tie in three places. Dip the fish in diluted Carnation Milk, then into bread crumbs, lay on oiled baking sheet, bake in hot oven 35 minutes. Remove to hot platter, garnish with small molds of cranberry sauce and lemon and parsley. Serve hot.

VEGETABLE DRESSING

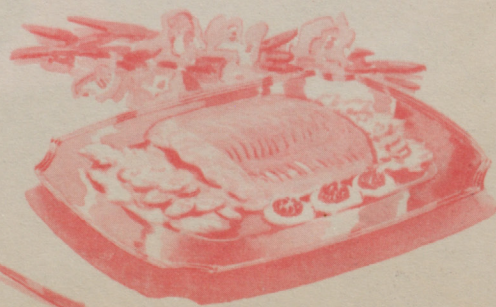
- 1 cup grated carrots
- ½ cup ground onions
- 1 cup diced celery
- 2 tablespoons parsley
- 1 cup green string beans
- 1 teaspoon salt
- ½ teaspoon pepper

Moisten with Carnation Milk, undiluted.

Halibut Alfredo

- 2 pounds halibut
- 2 cups tomato pulp or purée
- 1 cup water
- 12 whole cloves
- 2 medium sized bay leaves
- 12 peppercorns
- White pepper
- ½ teaspoon salt
- 1 teaspoon sugar

PLACE fish on baking sheet covered with cookery parchment paper moistened and greased. Sprinkle with salt and white pepper. Bake or broil 15 to 20 minutes in a hot oven (450°F.) or until fish is cooked and delicately browned on both sides. Serve with sauce. To prepare sauce, boil tomato pulp, water, cloves, bay leaves and peppercorns slowly for 20 minutes. Strain. Add salt and sugar. Garnish with parsley. Salmon steaks or any fish fillets are delicious prepared in this same manner.





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Fish

Planked Fish

PLANKED fish is a most unusual and attractive way of serving fish. White fish, trout, yellow pike and small salmon are suitable for planking. The fish may be split and boned, seasoned, and planked flat, or fairly thick-fleshed fish may be planked whole. The fish is delicious when stuffed. Remove backbone, but leave head and tail on. For planking, select a fish weighing 3 pounds. This will serve 6. The fish plank should be thoroughly oiled and preheated in a hot oven for 40 minutes. Prepare the following dressing and stuff fish with it:

- 1 quart soft bread crumbs
- 2 tablespoons chopped parsley
- 2 tablespoons minced green pepper
- 3 tablespoons chopped onion
- 3 tablespoons chopped celery
- ½ cup Carnation Milk, undiluted

Blend all ingredients, stuff cavity of the fish. Tie fish, as sewing has a tendency to tear the tender fish fibers. Arrange fish in center of plank, sprinkle with salt and pepper, and brush lean fish with melted butter or with French dressing. Place in a hot oven (450°F.) for first 10 to 15 minutes, then reduce temperature to 350°F. to finish baking. Allow 10 minutes per pound of fish up to 4 pounds, and 5 minutes for each additional pound. Planked fish is most attractive when garnished. Surround with buttered carrot balls rolled in parsley, radishes made into roses, peas in timbale cases, lemon baskets with strips of pimiento, and mashed potatoes put through pastry tube. Cook fish on the plank until done, remove from oven and apply garnishes. After applying garnish, return plank to oven to reheat the fish and vegetables. At the same time, baste the fish with several tablespoons of Carnation Milk, undiluted.

Baked Fish

A WHOLE FISH, weighing 3 to 5 lbs. may be stuffed and baked in a hot oven (400°F.) for 1 hour, basting often with fat in the pan. Serve with white or tomato sauce.

Kippered Salmon Soufflé

- 1 ½ cups kippered salmon
- 1 tablespoon lemon juice
- 1 cup Carnation Milk, diluted with 1 cup hot water
- 12 saltines
- 1 small onion, grated
- Nutmeg
- 4 eggs, separated
- Salt

ADD lemon juice to flaked kippered salmon. Pour hot milk over crumbled saltines, add grated onion and well beaten egg yolks. Season to taste with salt and nutmeg. Stir in flaked salmon. Fold in stiffly beaten egg whites. Bake in a buttered casserole 30 to 40 minutes in an oven 325°F. Serves 6.

*Stuffed Lobster Tails

- 6 medium lobster tails
- 2 cups Carnation Milk
- 2 tablespoons butter
- 2 tablespoons flour
- 4 tablespoons bread crumbs
- 1 tablespoon minced parsley
- 1 teaspoon minced onion
- Salt and pepper
- 3 egg yolks, hard cooked

DROP lobster tails into boiling salted water. Simmer 15–20 minutes. Remove tails from water and cool. Remove lobster meat and cut into cubes. Melt butter, add flour and blend until smooth. Add Carnation Milk and cook until thickened. Add crumbs, parsley, onion, lobster, salt and pepper.

Wash shells and wipe dry. Fill with lobster mixture. Reheat in hot oven (400°F) for 10 minutes. Before serving sprinkle with sieved egg yolks and garnish with paprika. Serves 6.

Serve with parsley potato balls and asparagus tips, with Hollandaise Sauce. Garnish with sliced stuffed olives.



Salads

Bride's Salad

(Beautiful Salad to Serve for Wedding Parties)

- 1 large can sliced pineapple
- 1 large can pears
- 1 large can white cherries
- $\frac{1}{2}$ lb. almonds
- $\frac{1}{3}$ lb. marshmallows

DRAIN and cut the fruits. Chop the nuts and cut the marshmallows with a wet scissors. Make the following cooked dressing:

- $\frac{1}{3}$ cup Carnation Milk, undiluted
- Yolks of 4 eggs
- Juice of 1 lemon
- $\frac{1}{4}$ teaspoon mustard

Cook this over hot water until it thickens. Cool. Fold it into 2 cups Carnation Milk, whipped.† Combine with the fruit, which has been well drained, add the nuts and fold in the marshmallows carefully. Put in refrigerator overnight, and when serving, surround with crisp lettuce.

Toss-Up Cook's Salad

- $\frac{1}{2}$ head lettuce
- 1 cup diced celery
- 2 fresh tomatoes
- 3 hard cooked eggs
- 1 clove garlic
- 1 cucumber
- $\frac{1}{2}$ bunch radishes
- French dressing
- Carnation mayonnaise (recipe page 42)

SHRED lettuce, dice celery and cut tomatoes in small pieces and slice radishes. Also cut eggs and cucumbers in cubes. Rub salad bowl with clove of garlic. Toss salad together, marinating for 1 hour in French dressing. Drain. Mix with mayonnaise. Serve in large salad bowl, garnished with hard cooked egg, sliced radishes and parsley.



Asparagus Bavarian Salad

- 1 tablespoon gelatine
- $\frac{1}{4}$ cup cold water
- 1 $\frac{1}{2}$ cups asparagus liquid
- 1 No. 2 can green asparagus
- 1 cup whipped Carnation Milk†
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon white pepper
- $\frac{1}{2}$ pimienta, chopped
- Dash of mace

SOAK gelatine in cold water and dissolve in hot asparagus liquid. Chill. Arrange stalks of asparagus around the sides of a dampened mold. When the jelly begins to congeal, add $\frac{1}{2}$ cup of asparagus that has been put through a sieve, salt, pepper, mace, the chopped pimienta and the whipped Carnation Milk. Turn into the mold and set in the refrigerator to congeal. Serve with Carnation mayonnaise or French dressing. Garnish with pimienta rings or strips.

Frozen Fruit Salad

MIX $\frac{1}{2}$ cup each of pineapple, white cherries, pears and peaches, cut in small pieces. To this prepared fruit, add 1 cup of chilled Carnation Milk (whipped),† 1 orange and $\frac{1}{4}$ of a grapefruit (cut in small pieces), juice of a half lemon and 1 cup mayonnaise. Freeze in electric refrigerator until it will hold its shape. Serve on lettuce with Carnation mayonnaise.

Molded Raw Cranberry Salad

- 2 cups raw cranberries, ground
- 1 envelope orange gelatine
- 1 cup chopped celery
- $\frac{1}{2}$ cup chopped nuts
- 1 cup granulated sugar
- 2 cups water
- Juice of 1 lemon

POUR $\frac{1}{2}$ cup cold water in bowl. Add gelatine on top of water. Add 1 $\frac{1}{2}$ cups hot water and stir until dissolved. Add lemon juice. Set aside to cool. Grind raw cranberries, chop nuts and celery fine. Add these ingredients to gelatine. Place salad in individual molds and let congeal in the refrigerator. Serve in lettuce cups.

†Whipping Directions on page 6

Salads

Christmas Candle Salad

- 1 banana per person
- 1 slice of pineapple
- A section of Brazil nut

PLACE the slice of pineapple on a salad plate. Cut off ends of banana so that the straight center section is approximately 4 inches long. Place this section upright in the ring of the pineapple. Cut a section of Brazil nut lengthwise and stick into top of banana for the wick of the candle. Garnish with crisp endive or lettuce. When ready to serve, light the Brazil nut. The dressing for this salad may be served separately.

Star Carrot Salad

- Finely shredded cabbage
- Grated raw carrot
- Finely chopped green pepper
- Small amount of grated onion (if desired)
- Carnation mayonnaise (recipe page 42)

USING individual star-shaped molds, pack in layers first well-seasoned cabbage and onion (if desired), moistened with enough Carnation mayonnaise to bind; second, a layer of raw carrot with mayonnaise, and third, a layer of green pepper. Pack well and chill. When ready to serve, invert on shredded celery cabbage and garnish with Carnation mayonnaise.

Vegetable Salad in Cabbage Head

- Small firm head of cabbage
- 2 carrots
- 1 small onion
- Salt to taste
- 1 cup finely chopped dates
- $\frac{1}{4}$ lb. grated cheese
- $\frac{1}{2}$ teaspoon Worcestershire sauce
- French dressing (recipe page 42)

CUT the center from the cabbage, starting at the stem end. Remove wilted outside leaves. Shred the interior cabbage, add the grated carrots, onion, salt, chopped dates and grated cheese. Mix lightly with French dressing and refill cabbage shell. All ingredients should be chilled before mixing. Any combination of vegetables may be used to fill cabbage.

Chicken Salad in Cucumber Boats

- 1 $\frac{1}{2}$ cups diced chicken
- 4 tablespoons chopped pimiento
- 3 tablespoons chopped sweet pickle
- $\frac{1}{2}$ cup chopped celery
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{8}$ teaspoon white pepper

MIX as listed until all ingredients are thoroughly blended. Chill and serve in cucumber boats prepared as follows: Wash medium sized cucumbers and cut in half lengthwise. Remove the seeds and soft pulp and marinate in French dressing. Chill. Add the cucumber seeds and soft pulp to Carnation mayonnaise and serve over the chicken salad or combine it with the salad ingredients. On each side of the boat, place narrow strips of pimiento for the oars.

Pear-Macaroon Salad

DRAIN 1 can of Bartlett pears. To 1 package of Philadelphia cream cheese, add 2 tablespoons of Carnation mayonnaise. Take half a pear, spread with this mixture, and place on the other half pear. Roll in crumbled macaroons. Garnish with half a maraschino cherry. Serve on lettuce, with raisin or nut bread sandwiches for lunch or for Sunday night supper.

Porcupine Salad

- $\frac{1}{2}$ of a canned peach per person to be served
- Blanched almonds
- Cream cheese
- Lettuce

FILL the center of the half peach with cream cheese and invert on a bed of lettuce. Cut the almonds lengthwise into thin strips and insert into the peach for quills. Chill and serve with Carnation mayonnaise. Pears may be used instead of peaches.





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Salads

* Lime Fruit Salad in Mold

- 1 package lime gelatine
- 1 cup boiling water
- 1 cup cold water
- 4 slices canned pineapple
- ½ cup canned white cherries
- ¼ cup red seeded grapes, cut in fancy shapes
- 4 halved pears

DISSOLVE gelatine in boiling water and add cold water. Set aside to cool slightly. Add fruit and pour into mold which has been rinsed out with cold water. Put in refrigerator to set.

GARNISH

- Head lettuce and endive
- Pimiento cream cheese
- 1 No. 2½ can pear halves
- Cream cheese
- Raisins
- Nuts
- Preserved ginger
- Sliced pineapple

Mix cream cheese with chopped nuts, raisins and ginger and stuff pears. Use as garnish around lime mold. Top with pimiento cream cheese flower. Place slice pineapple topped with pimiento cream cheese between each pear. Garnish with endive. Serve with Carnation Creamy No-Egg Mayonnaise (recipe page 42). For variety place pears in individual gelatine molds, fill with lime gelatine and allow to congeal, after which unmold and use as a garnish around lime mold.

Frozen Nippy Cheese Salad

- 8 oz. nippy cheese
- ½ cup chopped ripe olives
- 4 tablespoons lemon juice
- 1 cup Carnation Milk, undiluted
- 1 tablespoon vinegar
- A bit of garlic

RUB a bit of garlic on the bottom of a bowl. Cream nippy cheese in bowl and add milk, vinegar, lemon juice and ripe olives. Blend well. Fill small paper cups with mixture and allow to freeze for 2 or 3 hours. Serve on a bed of lettuce or garnish with sprigs of watercress or endive. If preferred cream cheese can be substituted for nippy cheese. Garnish with currant or bar le duc jelly.

Pineapple Carrot Salad Ring

- 1 package lemon gelatine
- 1 cup water
- 1 cup pineapple juice
- 1 cup sliced pineapple
- 4 or 5 grated carrots
- Lettuce or endive
- Mayonnaise or French dressing (recipe page 42)

HEAT 1 cup water and pour over gelatine. Add 1 cup cold pineapple juice. Set aside to cool. Add grated carrot and pineapple which has been cut in small tidbits. Place in individual molds or in a large ring mold. Place in refrigerator to congeal. Turn out on a bed of lettuce or endive and garnish with French dressing or mayonnaise. If a large mold is used, the outside can be garnished with fruit, such as sliced pineapple, sliced orange and apricots and slices of avocado pear. This is often called Health Salad.

Tomato Jelly and Shrimp Ring

- 2 cups tomato juice
- 1 teaspoon grated onion
- ½ teaspoon salt
- 1 cup chopped celery
- 1 tablespoon gelatine
- 2 tablespoons cold water
- ¼ teaspoon paprika
- ½ bay leaf
- 2 tablespoons granulated sugar
- 1 can shrimps

COOK tomato juice, onion and bay leaf for 5 minutes, then remove bay leaf. Soak gelatine in cold water several minutes, then add to tomato mixture. Add sugar and paprika and allow to cool until it begins to congeal. Clean shrimp and add, then add celery. Pour into ring mold and allow to congeal. Garnish with endive and vegetable flowers. Serve with mayonnaise in center of ring.



Salad Dressings

Sour Milk Salad Dressing

- 1 cup weak vinegar (half water, half vinegar)
- $\frac{1}{2}$ cup sugar
- 1 tablespoon butter
- 1 teaspoon salt
- 1 teaspoon dry mustard
- $\frac{1}{2}$ teaspoon pepper or paprika
- 1 cup Carnation Milk, undiluted
- 3 tablespoons flour
- 1 or 2 eggs

PLACE vinegar, sugar and butter in a saucepan and let come to a boil. Beat together milk, flour and eggs. Add to boiling mixture. Let boil 5 minutes, stirring until it thickens, then just before removing from the fire, add salt, mustard and pepper, first mixing with a little of the hot mixture until smooth.

Carnation Creamy No-Egg Mayonnaise

FOR fruit salad dressing, use $1\frac{1}{2}$ tablespoons sugar and 2 tablespoons vinegar instead of amounts given below. Omit pepper and mustard.

- 2 teaspoons sugar
- $\frac{1}{2}$ teaspoon paprika
- $\frac{1}{2}$ teaspoon salt
- Few grains white pepper
- $\frac{1}{2}$ teaspoon dry mustard
- $\frac{1}{2}$ cup Carnation Milk, undiluted
- $2\frac{1}{2}$ tablespoons vinegar
- $1\frac{1}{4}$ to $1\frac{1}{2}$ cups salad oil

Mix dry ingredients with milk; beat in vinegar, add oil gradually, beating thoroughly. Since the mixture thickens somewhat when chilled, it may be desirable to thin it with undiluted Carnation Milk before using, or less oil can be used if a thinner mixture is desired. Makes 1 pint.

Carnation Mayonnaise (4-egg)

- $\frac{1}{4}$ cup Carnation Milk, undiluted
- 4 egg yolks
- 4 tablespoons sugar
- 1 teaspoon mustard
- 4 tablespoons vinegar
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon pepper
- $\frac{1}{4}$ teaspoon paprika
- 3 tablespoons flour

COMBINE all ingredients. Cook over hot water until thick. Cool and fold in 2 cups of Carnation Milk, whipped.†

French Dressing

- 4 thin slices onion
- 5 tablespoons lemon juice
- 2 tablespoons granulated sugar
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon paprika
- Few grains cayenne
- 1 cup salad oil

LET onion slices stand in lemon juice 30 minutes. Strain. Add sugar, salt, paprika and cayenne to lemon juice and mix well. Add salad oil and shake in tightly covered container or beat until thick and smooth.

Salad Dressing

(Using Fruit Juices)

- $\frac{1}{2}$ cup sugar
- 1 cup pineapple or other fruit juice
- 2 tablespoons butter
- 1 tablespoon flour
- 2 eggs
- $\frac{1}{2}$ cup Carnation Milk, whipped†
- 1 tablespoon lemon juice

BLEND the butter and flour, add the fruit juice which has been heated. Place in the top of a double boiler and heat. Mix egg yolks and sugar and add to above mixture. Cook until thickened, then pour into the stiffly beaten whites of eggs. Cool. When serving, add lemon juice to whipped Carnation Milk and combine with the cooked dressing. This is an excellent way to use up left-over fruit juices. If a very sweet fruit juice is used, such as peach, more lemon juice may be added.

†Whipping Directions on page 6



Pastry

Pineapple Cream Pie

- 1/2 cup sugar
- 1/8 teaspoon salt
- 6 tablespoons flour
- 1 cup grated pineapple, drained
- 3 egg yolks
- 3 tablespoons butter
- 1 1/4 cups Carnation Milk, undiluted
- Juice of 1 lemon

Mix sugar, salt and flour together, then add pineapple, from which the juice has been drained, and the beaten egg yolks, butter and milk. Cook in a double boiler until thick. Add the lemon juice and mix thoroughly. Cool and pour into a baked pie shell. Cover with:

MERINGUE

- 3 egg whites
- 6 tablespoons sugar

BEAT the egg whites until stiff, add the sugar gradually, and beat until the consistency of marshmallow. Pile on top of the pie and brown in a slow oven (300°F.) for 15 to 20 minutes.

Pumpkin Tarts

- 2 cups pumpkin
- 2 cups light brown sugar
- 1 teaspoon cinnamon
- 1 teaspoon mace
- 1/2 teaspoon cloves
- 1/2 teaspoon ginger
- 1 cup Carnation Milk diluted with
- 1 cup cold water
- 3 eggs
- 1 cup black walnut meats, chopped

Mix the pumpkin (either freshly stewed or canned), the sugar and the spices thoroughly. Then add the milk and the eggs beaten without separating yolks and whites. Mix and add the black walnut meats and turn into pastry-lined tart or large size muffin tins. Bake in a hot oven (450°F.) for 5 minutes; then reduce the heat to 325°F. and bake for 20 minutes. Serve thoroughly chilled with whipped Carnation Milk;† or place marshmallows on top and return to oven until marshmallows are browned.

Berry Pie

FLAKY CRUST

- 2 cups flour
- 2/3 cup shortening
- 1/2 teaspoon salt
- About 1/3 cup cold water

Mix and sift flour and salt. Work in shortening, using finger tips, two knives, or fork or special pastry blender. Moisten to a dough with cold water. Toss on floured board, pat and roll out. This amount is sufficient for a double crust pie in a 9-inch plate. For a 1 crust pie, make the pastry with 1 cup flour, 1/3 cup shortening, 1/4 teaspoon salt and 2 1/2 to 3 tablespoons water.

FILLING

- 4 cups fresh or canned berries
- 2 tablespoons flour
- 1/2 cup sugar (about)
- 1/4 teaspoon nutmeg
- 1/8 teaspoon salt
- 1 teaspoon lemon juice
- 1 1/2 teaspoons butter

Line 9-inch shell with pastry. Fill with berries. If canned, drain. Mix flour, sugar, nutmeg, salt and lemon juice and sprinkle over top. Dot with butter. Moisten edges with water. Roll upper crust 1 inch larger than plate, fold in half, cut design, unfold, turn edges of upper crust under lower. Flute edges and brush top of pie with Carnation Milk undiluted. Bake in a very hot oven (400°F.) for 30 minutes. Then set at 350°F. for 10 minutes. Blueberries, blackberries, strawberries or any type berry may be used.

There is now procurable a paper pie tape that keeps juices in berry, fruit and other juicy pies. Thoroughly wet tape, take off excess moisture. Apply snugly to edge of pie, overlapping ends. Smooth tape over edge of pie and under edge of pie tin. Flute edges with tape.





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Pastry

Champion Cherry Pie Recipe

CRUST

- 1½ cups bread flour
- 10 tablespoons lard
- 1 teaspoon salt
- 5 to 6 tablespoons ice water

SIFT the flour and salt together, add the lard and blend. Then add the ice water gradually, and roll.

FILLING

- 2½ cups pitted sour canned cherries, drained
- ⅓ cup cherry juice
- 2½ tablespoons fine tapioca
- ⅛ teaspoon salt
- 1 cup sugar
- 1 teaspoon butter

Soak the tapioca, sugar and salt in the cherry juice and let stand while pastry is being made, or about 15 minutes. Then mix well with cherries, add the butter and put into pie tin.

BAKING

Bake pie for 10 minutes at 450°F. Then reduce the temperature to 350°F. and bake for 20 minutes. Then turn off oven and let stand in oven heat for 20 minutes before removing from oven.

Apricot Whipped Cream Pie

- 1½ cups dried apricots
- 1½ cups water
- 1 tablespoon quick-cooking tapioca
- ¼ cup cocoanut
- 1¼ cups sugar
- 1 cup chilled Carnation Milk for whipping†
- 1 teaspoon vanilla
- 1 tablespoon lemon juice
- Baked Pie Shell

WASH apricots. Add water, cover. Simmer about 20 minutes. Add tapioca. Cook until it is clear. Add 1 cup sugar. Heat to boiling, cook until thick. Remove from fire. Chill. Whip Carnation Milk. Add lemon juice. Fold in ¼ cup sugar. Add flavoring. Toast cocoanut in moderate oven (375°F.). Pour apricot mixture into baked pastry shell. Cover with whipped Carnation Milk. Sprinkle with cocoanut. Chill.

*Cocoanut Cream Pie

- 1⅓ cups whipped Carnation Milk†
- 2 egg whites
- 2 egg yolks
- ⅓ cup sugar
- 1 teaspoon vanilla
- 2 teaspoons gelatine
- ¼ cup Carnation Milk, undiluted
- ¼ teaspoon salt
- ½ cup moist cocoanut

BEAT egg yolks very light, add sugar, salt and vanilla to yolks. Soak gelatine in ¼ cup Carnation Milk about 5 minutes, then dissolve over hot water, add to egg yolk mixture. Fold whipped Carnation Milk, beaten egg whites and cocoanut into egg yolk mixture and turn into a baked pie crust or graham cracker shell and put in refrigerator to congeal.

MERINGUE

- 2 egg whites
- 4 tablespoons sugar
- ½ cup moist cocoanut

Make meringue using beaten egg whites and sugar. Spread over pie, covering all of filling. Sprinkle cocoanut on top of meringue. Place under broiler until golden brown.

Butterscotch Pie

- 3 cups brown sugar
- 6 tablespoons flour
- 1 teaspoon vanilla
- 1½ cups Carnation Milk diluted with
- 1½ cups water
- Yolks of 4 eggs

Mix flour and sugar. Add milk to which water and beaten egg yolks have been added. Cook until it thickens (in double boiler). Add vanilla and put in baked crust. Beat whites of eggs stiff. Add 1 tablespoon sugar and ¼ teaspoon baking powder for each egg white used. Put on top of pie. Set in oven until golden brown.



Cakes and Cookies

Cherry Cake

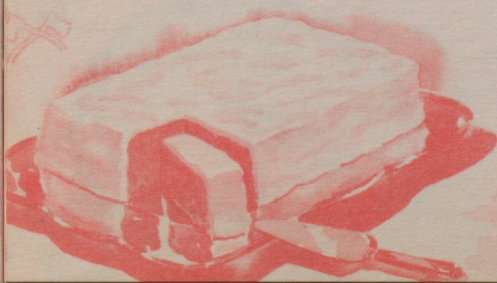
- $\frac{3}{4}$ cup shortening
- $1\frac{1}{2}$ cups sugar
- $\frac{1}{2}$ teaspoon vanilla
- $\frac{1}{4}$ teaspoon lemon flavoring
- $\frac{1}{2}$ cup drained and finely chopped maraschino cherries
- $\frac{1}{2}$ cup Carnation Milk diluted with $\frac{1}{2}$ cup water
- 3 cups cake flour
- 3 teaspoons baking powder
- $\frac{1}{4}$ teaspoon salt
- 4 egg whites

CREAM the shortening and sugar. Add the flavoring and chopped cherries, then mix. Add the milk alternately with the flour, which has been sifted with the baking powder and salt. Beat only until smooth, then fold in the egg whites beaten stiff. Place in a greased and floured shallow loaf pan measuring 8x12 inches and bake 40 to 45 minutes in a moderate oven (350-375°F.). Cool and ice with boiled icing.

Lemon Snow Cake

- 2 cups sugar
- 2 cups flour
- $\frac{1}{2}$ cup cornstarch
- 2 teaspoons baking powder
- $\frac{1}{4}$ teaspoon salt
- $\frac{3}{4}$ cup butter
- $\frac{1}{2}$ cup Carnation Milk diluted with $\frac{1}{2}$ cup water
- Whites of 7 eggs
- 1 teaspoon vanilla
- 1 teaspoon lemon juice or lemon extract

SIFT the flour, sugar and cornstarch before measuring; then sift the cornstarch, flour, baking powder and salt together 3 times. Cream the butter thoroughly and add the sugar a little at a time, creaming it in well. Then add the dry ingredients alternately with the milk.



When blended, fold in the egg whites beaten stiff. Pour into 3 greased and floured layer cake pans and bake in a moderate oven (350-375°F.) for 25 minutes. When cool, put together with:

LEMON FILLING

- 1 cup sugar
- $2\frac{1}{2}$ tablespoons cornstarch
- 1 egg
- $\frac{1}{2}$ cup cold water
- 1 teaspoon butter
- Grated rind of 2 lemons
- Juice of 2 lemons

Mix the ingredients in the order given. Cook, stirring constantly until the boiling point is reached.

Burnt Sugar Cake

- $\frac{1}{2}$ cup butter
- 1 cup sugar, minus 1 tablespoon
- 2 eggs, well beaten
- $\frac{1}{3}$ cup burnt sugar
- $\frac{1}{3}$ cup Carnation Milk diluted with $\frac{1}{3}$ cup water
- 2 cups flour
- $\frac{1}{8}$ teaspoon salt
- 4 teaspoons baking powder
- 1 teaspoon vanilla

CREAM the butter and sugar well together. Add the well beaten eggs. Add burnt sugar. Sift flour, baking powder and salt and add alternately with milk. Add vanilla and put into 2 layer cake tins and bake 30 minutes in a moderate oven.

BURNT SUGAR

Put 1 cup sugar in saucepan, let it come to burning point or until it foams up a dark orange color; take from fire, add 1 cup hot water slowly as it will sputter considerably. Return to fire and let boil until dissolved; use when needed. This is enough for more than 1 cake; keeps indefinitely.

This cake can also be baked in dripping pan, frosted and cut in 2-inch squares with $\frac{1}{2}$ walnut on each, or sprinkled with chopped nuts. This frosting can be a regulation boiled frosting, adding 2 tablespoons burnt sugar to the mixture.

Cakes and Cookies

Log Cabin Cake

- 1 cup shortening
- 2 cups sugar
- 4 eggs
- $\frac{1}{2}$ cup Carnation Milk diluted with $\frac{1}{2}$ cup water
- $3\frac{1}{2}$ cups cake flour
- $3\frac{1}{2}$ teaspoons baking powder
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ teaspoon vanilla
- 2 tablespoons melted chocolate
- $\frac{1}{2}$ cup chopped raisins
- 2 tablespoons molasses
- 1 teaspoon cinnamon
- $\frac{1}{2}$ teaspoon nutmeg
- $\frac{1}{2}$ teaspoon allspice

CREAM the shortening and sugar together, add the beaten eggs and beat until smooth. Add the milk alternately with the flour, baking powder and salt. Divide the batter and to half of it add the vanilla. To the other half add the remaining ingredients. Place in a shallow pan, alternating spoonfuls of the dark and light batters. Bake in a moderate oven (350°F.) for 1 hour. Cover with chocolate icing and draw fork through to resemble logs.

*Decorated Tea Cakes

BAKE a square or sheet of white butter cake as follows:

- $\frac{1}{4}$ cup butter
- 1 cup sugar
- $\frac{1}{4}$ cup Carnation Milk diluted with $\frac{1}{4}$ cup water
- $1\frac{1}{2}$ cups cake flour
- 3 teaspoons baking powder
- $\frac{1}{4}$ teaspoon vanilla
- $\frac{1}{4}$ teaspoon lemon extract
- 4 egg whites

CREAM butter and sugar thoroughly. Add half the milk and half the flour and beat it vigorously. Now add the remaining milk and flour and beat until smooth and velvety. Fold in the flavorings, the baking powder and the well beaten whites. Bake in a moderate oven. When done, remove from sheet and cut in fancy shapes—diamonds, squares, circles, hearts or whatever shape desired. Completely cover

each piece with icing, white or colored, and with a pastry tube make a floral design on top of each piece—green stem and leaves, a rose, sweet pea, tulip or lily of the valley. Cover some with shredded colored cocoanut.

DECORATIVE ICING

- 6 egg whites
- 3 cups sugar
- 1 cup water
- $\frac{1}{2}$ teaspoon tartaric acid
- $\frac{1}{2}$ teaspoon baking powder

Boil water and sugar till it drops heavy from the spoon (238°F.) Pour it very slowly into the very stiffly beaten egg whites, returning the syrup to fire a time or two, so that the last of the syrup should spin a thread. When the syrup has all been beaten into the eggs, put the pan over boiling water and steam it until the proper consistency, beating all the while. Add the tartaric acid and baking powder when you begin the steaming.

Jelly Roll

- 3 whole eggs
- 1 cup sugar
- $\frac{1}{4}$ cup cold water
- 1 cup cake flour
- 2 teaspoons baking powder
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon vanilla
- $\frac{1}{2}$ teaspoon lemon
- Confectioners' sugar
- Red jelly

DROP eggs into a bowl and beat well, add sugar and continue to beat. Add water, then sifted dry ingredients. Lastly add flavorings and bake in a sheet cake pan (not more than $\frac{1}{4}$ inch batter in pan). Line pan with heavy wrapping paper well greased. Bake at 400°F. for 12 to 15 minutes. Spread with jelly and roll, sprinkle outside with confectioners' sugar.







Cakes and Cookies

COOKIES

Economical Brownies

- 1 cup sugar
- 2 tablespoons butter
- 2 squares melted chocolate
- ½ cup Carnation Milk, undiluted
- 1 egg
- 1 teaspoon vanilla
- 1 teaspoon baking powder sifted in
- 1 cup flour
- 1 cup nutmeats, finely cut

Mix in order given, bake in shallow tin in moderate oven, and cut in squares.

Frosted Chocolate Drop Cookies

- 1 cup brown sugar
- ½ cup fat
- 2 squares chocolate, melted
- 1 egg
- ¼ cup Carnation Milk, diluted with ¼ cup water
- 1 ½ cups cake flour
- ¼ teaspoon salt
- ½ teaspoon soda
- 1 teaspoon baking powder
- 1 cup black walnuts, chopped
- 1 teaspoon vanilla

USE cake method of mixing, adding melted chocolate to creamed fat and sugar mixture. Add floured nuts last. Drop by teaspoons on slightly greased sheet. Bake in moderate oven 15-20 minutes (410°F.). Spread frosting on hot cookies.

FROSTING

- 1 egg yolk or ½ egg
- 3 tablespoons Carnation Milk, undiluted
- 1 ½ cups powdered sugar
- 1 ½ squares chocolate, melted

To melted chocolate, add slightly beaten egg, and milk. Stir in gradually sifted sugar until consistency to spread. Frosts 3 dozen cookies.



Yummy Gum Drop Squares

- 4 eggs
- 2 cups light brown sugar
- 1 tablespoon cold water
- 2 cups flour
- ¼ teaspoon salt
- 1 teaspoon cinnamon
- ½ cup chopped pecans
- 1 cup shredded gum drops of assorted flavors (omit the licorice flavor)

BEAT the eggs thoroughly, add the sugar and water, then beat again. Sift flour with the salt and cinnamon and sprinkle a portion of it over the pecans and gum drops. Add the remaining flour to the egg and sugar mixture, then fold in the pecans and gum drops. Spread thin in greased and floured shallow baking pans (use pans measuring about 8x13 inches) and bake in a slow oven (325°F.) for 30 minutes. While still warm, ice with the following

ICING

- 3 tablespoons butter
- 2 tablespoons orange juice
- 1 teaspoon grated orange rind
- Powdered sugar

Melt the butter, add orange juice, grated rind, and enough powdered sugar to make a thin icing. Spread thinly over the baked sheets, and while still warm cut into 2-inch squares and remove from the pans.

*Assorted Tea Cookies

- 1 cup butter
- ⅔ cup sugar
- 3 egg yolks
- 3 cups pastry flour
- 1 teaspoon almond flavoring
- Carnation Milk for brushing tops

CREAM butter, add sugar and egg yolks. Gradually add flour and flavoring. Fill cookie press and form dough into various shapes. Brush each cookie with undiluted Carnation milk. Decorate some with candied cherries and angelica, and bake in moderately hot oven (375°F.). Decorate others after baking with coarsely ground rock candy, confectioners' sugar, chocolate frosting, and butter cream frosting.

* See illustration on page 48

Frostings and Icings

Fudge Icing (Cooked)

- 3 squares chocolate
- $\frac{1}{2}$ cup Carnation Milk diluted with $\frac{1}{2}$ cup water
- 3 cups sugar (white or brown)
- A few grains cream of tartar
- 3 tablespoons butter
- $\frac{1}{2}$ teaspoon vanilla

COMBINE chocolate, milk, sugar and cream of tartar. Place over a slow fire. Cook until smooth and blended, stirring constantly. Boil to 238°F. or until a soft ball forms in cold water. Add butter and vanilla and cool until lukewarm. Beat until creamy and spread between layers and on top and sides of cake.

Old Reliable Frosting

- 1 cup granulated sugar
- 6 tablespoons water
- 1 teaspoon vinegar or $\frac{1}{8}$ teaspoon cream of tartar
- 2 egg whites

BOIL sugar, water and vinegar or cream of tartar together. When mixture boils up well, begin to add syrup to egg whites, a tablespoon at a time, beating continuously. When syrup is about half added, the rest should thread 238°F., then add the balance. Sufficient for 3 8-inch layers and outside of cake, or 2 10-inch layers and outside.

Seven-Minute Marshmallow Frosting

- 2 egg whites
- $1\frac{3}{4}$ cups sugar
- 4 tablespoons water
- 20 marshmallows
- $1\frac{1}{2}$ teaspoons vanilla
- $\frac{1}{8}$ teaspoon cream of tartar

PUT egg whites, unbeaten, sugar and water in top of double boiler and set it over rapidly boiling water. Beat constantly for 7 minutes. Remove from fire, add marshmallows cut in pieces—beat until marshmallows are only partially melted. Add vanilla, cream of tartar and spread on cake. If you use an electric mixer, only beat for 4 minutes.

Mocha Frosting (Uncooked)

- 2 cups powdered sugar
- 4 tablespoons cocoa
- 1 teaspoon butter
- $\frac{1}{2}$ cup (or less) black coffee
- 1 teaspoon vanilla

SIFT sugar and cocoa together. Cream butter, add cocoa mixture, creaming well together. Add cold coffee and vanilla.

Uncooked or Butter Frosting

- $\frac{1}{2}$ cup butter
- 3 cups powdered sugar
- 4 tablespoons Carnation Milk, undiluted
- 1 teaspoon vanilla

CREAM butter. Add remaining ingredients and continue creaming until the mixture is well blended and light and fluffy. Will frost 2-layer cake.

Whipped Cream Filling

To $\frac{3}{4}$ cup whipped Carnation Milk,† add 1 egg white beaten stiff with $\frac{1}{2}$ cup powdered sugar. Add desired flavoring. Use with sponge cake or as a filling between cake layers.

Fruit Frosting

- 1 tablespoon grated orange rind
- 1 tablespoon grated lemon rind
- 1 tablespoon lemon juice
- 1 tablespoon orange juice
- 3 cups sifted confectioners' sugar
- 3 tablespoons butter
- 1 tablespoon Carnation Milk, undiluted
- $\frac{1}{8}$ teaspoon salt

ADD rinds to butter and salt. Cream well. Add part of sugar gradually, blending well after each addition. Add juices alternately with remaining sugar. Add milk. Other fruits may be used—strawberry, pineapple, etc.





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Desserts

Baked Caramel Custard

- 1 cup sugar
- 2 cups Carnation Milk diluted with 2 cups water
- 4 slightly beaten eggs
- $\frac{1}{8}$ teaspoon salt
- 1 teaspoon vanilla

PLACE the sugar in a heavy skillet or pan and heat until the sugar turns to an amber brown syrup. Add caramel syrup to the milk which has been heated in a double boiler and cook slowly, stirring occasionally, until the sugar is dissolved. Add slightly beaten eggs, salt and vanilla, and mix thoroughly. Pour into individual baking cups, set cups in a pan of cold water and bake in a slow oven 30 minutes (325°F.) until firm. (A knife inserted in center should come out clean.) Makes 6 individual custards. If custard is to be baked in a larger dish, add an extra egg and increase the baking time. For plain custard omit the caramelizing and use only $\frac{1}{2}$ cup sugar.

Blazing Rum Soufflé

- 3 tablespoons butter
- $\frac{1}{4}$ cup flour
- $\frac{1}{2}$ cup Carnation Milk, diluted with $\frac{1}{2}$ cup cold water
- 4 eggs
- $\frac{1}{4}$ cup sugar
- $\frac{1}{2}$ teaspoon salt
- 3 tablespoons rum for flavoring
- $\frac{1}{2}$ cup rum for lighting

SCALD the milk. Melt the butter, add flour and blend well. Add scalded milk gradually, stirring constantly. Separate the eggs. Beat yolks until thick and lemon-colored. Add sugar and salt. Combine with the hot mixture and chill. Beat the whites until stiff but not dry. Fold into chilled mixture carefully, adding the rum flavoring at the same time. Turn into a buttered pudding dish and bake 35 minutes in a slow oven (325°F.), placing pudding dish in a pan of hot water. As soon as it is out of the oven, pour the half cup of rum around it. Light the rum, bring pudding to table burning, and serve immediately after it has burned off.

*Chocolate Ice Box Cake

- 30 lady fingers
- 2 cakes sweet chocolate
- 3 tablespoons Carnation Milk, undiluted
- 4 eggs, separated
- 3 tablespoons sugar
- 2 cups Carnation Milk, whipped †

LINE a mold or cake pan with lady fingers or sponge cake. Melt chocolate in double boiler, adding milk, sugar and beaten yolks of eggs. Cook slowly until thick and smooth, stirring constantly. When this is cool, fold it into the stiffly beaten egg whites. Place this filling in the cake form and set it in refrigerator several hours. Cover with whipped Carnation Milk at serving time. Alternate layers of lady fingers and filling may be used in any style pan. Make the day before it is to be used. Garnish with strawberries or any other fruit in season.

Charlotte Russe

- 1 cup Carnation Milk diluted with 1 cup cold water
- $\frac{1}{4}$ cup sugar
- $\frac{1}{8}$ teaspoon salt
- 2 eggs
- 1 tablespoon gelatine
- 2 tablespoons cold water
- 1 teaspoon vanilla
- 1 cup Carnation Milk, chilled for whipping†

HEAT the milk in double boiler. Beat the eggs and sugar together, add salt and pour hot milk gradually into this mixture, stirring constantly. Return to double boiler and cook until slightly thickened, add the gelatine that has been softened in cold water. When well dissolved, add vanilla and chill. Whip the cup of chilled Carnation Milk and fold into chilled custard mixture. Serve in sherbet glasses lined with lady fingers. Garnish with bits of red cherries, tiny candies or bits of citron.



Desserts

Chocolate Plum Pudding

- 1 level tablespoon gelatine
- 1 cup Carnation Milk, undiluted
- $\frac{1}{2}$ cup cold water
- $\frac{1}{4}$ teaspoon vanilla
- $\frac{1}{4}$ cup currants
- 1 square chocolate
- 2 egg whites
- $\frac{1}{2}$ cup sugar
- $\frac{1}{3}$ cup dates
- $\frac{1}{2}$ cup seeded raisins
- $\frac{1}{4}$ cup nuts
- Few grains salt

SOAK gelatine in cold water about 5 minutes. Put milk with fruit in double boiler. When hot, add chocolate, which has been melted, mixed with a little sugar and milk to make a smooth paste (or use 3 tablespoons cocoa). Add soaked gelatine, sugar and salt, remove from fire, and when mixture begins to thicken, add vanilla and nutmeats, chopped, and lastly fold in stiffly beaten whites of eggs. Turn into wet mold decorated with whole nutmeats and raisins. Chill, unmold and garnish with holly. Serve with whipped Carnation Milk,† or with currant jelly beaten with egg white.

Cocoanut Blanc-Mange

- 4 tablespoons cornstarch
- $\frac{1}{4}$ cup sugar
- $\frac{1}{8}$ teaspoon salt
- 2 egg whites, stiffly beaten
- $1\frac{1}{2}$ cups Carnation Milk, diluted with $1\frac{1}{2}$ cups water
- 1 cup water
- 1 cup shredded cocoanut
- 1 teaspoon vanilla

SCALD milk in double boiler. Combine cornstarch, sugar and salt. Add to scalded milk gradually, place in double boiler and cook until thickened, stirring constantly. Add cocoanut and cool. Fold in egg whites and vanilla. Chill. Garnish with fruit slices. Serves 6.



Chocolate Pudding

- 1 cup Carnation Milk, undiluted
- 3 eggs, separated
- 3 tablespoons sugar
- 1 square chocolate, melted
- Few grains salt

ADD heated milk to melted chocolate. Beat the yolks of eggs, add sugar and salt, then milk and chocolate mixture. Pour into buttered dish. Set in dish of water and cook in slow oven (325°F.) until firm, about 30 minutes. Cover with meringue.

MERINGUE

Beat egg whites stiff. Add 3 tablespoons sugar and 1 tablespoon cocoa. Place on top of pudding and brown in oven.

*Fruit Fluff

- 20 marshmallows (cut in small pieces)
- 1 cup pineapple juice
- $\frac{1}{2}$ cup grated pineapple pulp
- 1 small bottle maraschino cherries (cut in quarters)
- $\frac{1}{2}$ cup finely cut canned peaches, apricots or any desired fruit

BLEND all ingredients and chill in the refrigerator overnight. Beat together when ready to serve. The marshmallows melt in the fruit juice and fluff the entire mixture. Garnish with marshmallow sections and maraschino cherries. Serves 6.

*Emerald Bavarian Cream

- 1 package lime gelatine
- 1 cup boiling water
- 1 cup chilled Carnation Milk for whipping †
- 2 tablespoons lemon juice
- Few grains of salt

POUR boiling water over the gelatine and stir until dissolved. Place 2 tablespoons of this mixture aside into a cup to use for garnish. Chill. When beginning to set, whip until fluffy. Whip Carnation Milk, add lemon juice and salt, and fold into whipped gelatine. Serve in sherbet glasses and garnish with lime gelatine (reserved), which is cut into tiny cubes. Serves 6.

*See illustration on page 76

†Whipping Directions on page 6

Desserts

*Cream Puff "Swans"

- ½ cup butter
- 1 cup water
- 1 cup flour
- ⅛ teaspoon salt
- 4 eggs

Put water, butter and salt in a pan and let come to a boil. Reduce the fire, add the flour and beat until smooth. Take from fire, break in the eggs, one at a time, and beat vigorously after the addition of each egg. Drop in spoonfuls on buttered pan. This will make 12 "Swans." Put part of the batter in a paper funnel and squeeze out a figure 2 onto the baking sheet. Bake these with the other puffs and they will be the heads and necks of the birds. The puffs should be baked in a hot oven for the first 15 minutes, then reduce the heat and continue the baking for 1 hour. The necks should be removed as soon as a delicate brown.

FILLING FOR CREAM PUFF SWANS

- 1 cup Carnation Milk diluted with ¾ cup water
- 2 eggs
- ⅓ cup flour
- ½ cup sugar
- 2 cups Carnation Milk, whipped †

Mix sugar and flour, add beaten eggs, then the milk and cook until thick. Cool and when ready to serve, add the whipped Carnation Milk. After filling puffs, make eyes on each side of the head using daubs of chocolate. Shake powdered sugar over swans.

Lemon Pudding

- 2 tablespoons butter
- 1 cup sugar
- Juice and grated rind of 1 lemon
- 2 eggs (separated)
- 2 tablespoons flour
- ½ cup Carnation Milk diluted with ½ cup water

CREAM butter and sugar, add juice and rind of lemon, egg yolks, flour and milk. Stir well. Fold in beaten whites. Bake in pan of hot water in oven for 45 minutes. Serve hot or cold.

Marshmallow Apricot Torte

- 1 lb. apricots (dried)
- 1 lb. marshmallows
- 1 cup whipped Carnation Milk †
- 1 cup water
- 2 cups graham crackers
- ½ cup butter
- ½ cup sugar

ROLL crackers until very fine, add melted butter and sugar. Set aside ½ cup of this mixture. Then pat remaining mixture into a torte pan or cake pan. Add 1 cup water to apricots and cook until very tender. Put through a sieve and strain. Add marshmallows and beat until marshmallows are dissolved. Allow to cool. Whip Carnation Milk and fold into apricots. Pour into lined pan and top with ½ cup crumbs that were set aside. Serve with whipped Carnation Milk.

Pineapple Soufflé

- 1 tablespoon gelatine
- Yolks of 3 eggs
- 2 tablespoons lemon juice
- ⅔ cup crushed pineapple
- ⅓ cup cold water
- ½ cup Carnation Milk, chilled for whipping †
- Whites of 3 eggs
- ½ cup sugar
- Few grains salt

BEAT yolks of eggs slightly, add lemon juice, sugar and salt. Cook in double boiler, stirring constantly until mixture thickens. Remove from fire, and add gelatine (which has been soaked in cold water about 5 minutes) and pineapple. Cool. When mixture begins to thicken, add Carnation Milk, beaten until stiff and whites of eggs beaten until stiff. Turn into a wet mold and chill. Remove from mold to serving dish, and garnish with quarter slices of pineapple, and cherries. Serves 6.



Desserts

Glorified Rice

- 1 package granulated gelatine soaked in $\frac{1}{4}$ cup cold water
- Add $\frac{1}{2}$ cup boiling water
- When cool, add 1 small can shredded pineapple
- $\frac{1}{2}$ cup powdered sugar
- 1 $\frac{1}{2}$ cups cooked rice
- 2 tablespoons maraschino cherries
- $\frac{1}{2}$ cup Carnation Milk, whipped †

FOLD the whipped Carnation Milk in when the gelatine begins to "set." Turn into an oblong pan and put in refrigerator. When thoroughly chilled, remove from mold and slice as ice cream. Serve with Maraschino Sauce.

MARASCHINO SAUCE

- $\frac{1}{3}$ cup sugar
- $\frac{2}{3}$ cup water
- $\frac{1}{2}$ cup maraschino juice
- 2 tablespoons cornstarch
- $\frac{1}{2}$ tablespoon butter
- $\frac{1}{4}$ cup maraschino cherries

Mix cornstarch and sugar, add the water and cherry juice and boil for 2 minutes. Add the cherries and butter.

Rice-Cream Pudding with Caramel Sauce

- $\frac{1}{4}$ cup uncooked rice
- $\frac{1}{4}$ cup sugar
- 2 cups Carnation Milk diluted with 2 cups water
- $\frac{1}{4}$ teaspoon salt
- $\frac{3}{4}$ cup raisins
- $\frac{1}{2}$ teaspoon vanilla

INTO a deep baking dish, place the rice, sugar, milk and salt. Bake in a moderate oven (375°F.) until a brown crust is formed. Stir this under and continue the baking until the crust is stirred under 3 times. Add the raisins, reduce

the heat to 350°F. and bake until the rice is very tender and the mixture is creamy. Remove and add the vanilla. This makes a creamy, rich dessert that may be served either hot or cold. Delicious with caramel sauce.

CARAMEL SAUCE

- 1 cup brown sugar
- $\frac{1}{2}$ cup Carnation Milk, undiluted
- $\frac{1}{2}$ teaspoon butter

Combine ingredients, cook for 3 minutes in double boiler. Serve hot or cold on puddings.

*Rice Puff Pudding

SOAK 1 tablespoon of gelatine in $\frac{1}{2}$ cup of cold water, add $\frac{1}{2}$ cup boiling water. Pour this over 1 cup cold cooked rice, add $\frac{1}{2}$ cup sugar and 1 teaspoon vanilla. Let this mixture set one hour. Whip 1 cup chilled Carnation Milk † and fold in above mixture. Garnish with candy violets. Serves 6.

Orange Ice Box Cake

- 1 tablespoon gelatine
- 3 tablespoons cold water
- 1 cup Carnation Milk diluted with 1 cup water
- 2 tablespoons cornstarch
- 1 cup sugar
- 2 eggs
- $\frac{3}{4}$ cup orange juice
- 1 teaspoon grated orange rind
- 2 dozen lady fingers

SOFTEN the gelatine in cold water. Scald the milk in a double boiler, mix the cornstarch and sugar, and add to the hot milk. Cook 10 minutes, stirring constantly. Add the two eggs slightly beaten and combined with a little cold milk. Cook for a few minutes longer in order to cook the eggs, stirring constantly. Remove from the fire and stir in the softened gelatine. Add the orange juice and rind. Line a mold with lady fingers, then fill with alternate layers of the cooked mixture and lady fingers. Have a layer of lady fingers on top. Chill in the refrigerator for several hours or overnight. Serve with whipped Carnation Milk. † Orange slices or cherries, or both, make an attractive variation garnish for this dessert. Serves 8.



*See illustration on page 76

†Whipping Directions on page 6

Desserts

Graham Cracker Pie

- 2 cups finely crushed graham crackers or zwieback
- $\frac{1}{2}$ cup melted butter
- $\frac{1}{2}$ cup sugar
- 1 teaspoon cinnamon

Mix the above ingredients together and set aside $\frac{3}{4}$ cup. Press the remaining crumbs in the bottom and on sides of a large pie pan. Place in a hot oven (400°F.) for 10 minutes. Remove and fill with any desired filling. Below are 2 good fillings:

CREAM FILLING

- 1 cup Carnation Milk diluted with 1 cup water
- $\frac{1}{3}$ cup sugar
- 3 tablespoons cornstarch
- $\frac{1}{4}$ teaspoon salt
- 3 egg yolks, beaten
- 1 teaspoon vanilla

Heat the milk to scalding, add the sugar, cornstarch and salt mixed together and stir until a smooth sauce is formed. Cook over hot water for 10 minutes. Add a little of the hot mixture to the beaten egg yolks and return to the double boiler, stirring until smooth. Cook for 3 minutes, then remove from the fire and flavor with vanilla. Fill the baked shell with this mixture. Top with a meringue made from the 3 egg whites and 6 tablespoons of sugar. Sprinkle with the reserved crumbs and bake in a slow oven (325°F.) until nicely browned. Can be served hot or cold.

STRAWBERRY FILLING

- 1 pint fresh strawberries
- $\frac{2}{3}$ cup sugar
- 1 tablespoon lemon juice
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{2}$ cup water
- 1 cup Carnation Milk, chilled for whipping†
- 1 teaspoon vanilla
- 1 tablespoon gelatine

Hull and wash the berries and cut in small pieces. Blend with the sugar, salt and lemon juice. Allow to stand in refrigerator for an hour or so. Soak the gelatine in cold water for 5 minutes, then dissolve over slow heat. When thoroughly dissolved, combine with the chilled strawberry mixture, and blend with the

whipped Carnation Milk. Add vanilla and turn into the crust. Allow 2 hours for congealing in an electric refrigerator or overnight in an ice box. Two or 3 large berries and a small amount of whipped Carnation Milk may be used in garnishing. Other berries and fruits may be used instead of the strawberries.

Upside Down Pudding

(Consists of two parts—the batter and the caramel)

BATTER

- $\frac{1}{4}$ cup shortening
- $\frac{3}{4}$ cup sugar
- 1 egg
- $1\frac{1}{2}$ cups flour
- $\frac{1}{2}$ teaspoon salt
- 2 teaspoons baking powder
- $\frac{1}{2}$ cup Carnation Milk, undiluted
- $\frac{1}{2}$ teaspoon lemon extract

BLEND shortening with sugar and egg until fluffy. Add sifted dry ingredients alternately with milk. Add flavoring. Beat 1 minute.

CARAMEL

- $\frac{1}{4}$ cup butter
- $\frac{1}{2}$ cup sugar
- $\frac{1}{4}$ cup almonds
- $\frac{1}{8}$ teaspoon salt
- 1 cup dried apricots soaked overnight in 3 cups water

MELT butter slowly in heavy skillet. Add sugar and salt. Stir until melted. Remove from heat. Put a nutmeat in hollow of each apricot. Place apricots, with round sides up, on caramel. Pour in batter. Bake in moderate oven (350°F.) 30 minutes. While hot, turn out upside down on plate. Serve warm, with whipped Carnation Milk.† Any fruit, such as canned pineapple or fresh strawberries, may be used instead of the dried apricots. With fresh fruits and berries, omit the soaking overnight.



Desserts

Orange Torte

- ¼ cup melted butter
- 1¼ cups sugar
- 2 eggs
- ⅛ teaspoon salt
- 6 tablespoons orange juice
- 1 teaspoon grated orange rind
- 2 cups zwieback crumbs
- 1 teaspoon cinnamon
- ½ cup flour
- ¾ cup Carnation Milk, diluted with ¾ cup water

Mix crumbs, butter, ½ cup sugar and cinnamon well. Line deep buttered pie tin or torte pan with ⅓ of mixture. Bake 10 minutes in a slow oven. Put flour, remaining sugar, salt and beaten egg yolks into double boiler; mix and add milk, orange juice and rind. Cook 15 minutes, stirring frequently. Cool and pour into baked pie shell. Cover with meringue made of egg whites and 2 additional tablespoons sugar. Pile remaining crumbs on top. Bake 15 minutes in slow oven to set. Should be made 8 to 10 hours before needed.

Roly Poly Pudding

- 3 cups white bread flour
- ½ cup Carnation Milk diluted with ½ cup water
- 2 teaspoons baking powder
- 1½ cups suet, ground twice
- 1 tablespoon sugar
- 1 teaspoon salt
- Raspberry jam

Mix suet with flour to which baking powder, sugar and salt have been added. Add milk. Roll out dough to about ⅛ inch thick. Spread with thick red raspberry jam. Roll up as for cinnamon rolls. Put into funnel cake pan and steam 3 hours. At serving time, unmold and serve with lemon sauce or any hot pudding sauce. For variety use thick plum sauce instead of raspberry jam.

Cheese Torte

- 1½ lbs. cottage cheese
- 1 cup sugar
- 4 eggs
- 1 cup Carnation Milk, undiluted
- Few grains of salt
- Juice and rind of ½ lemon
- ¼ cup flour
- 1 package rusk
- 1 cup sugar
- 1 teaspoon cinnamon
- ½ cup melted butter
- ¼ cup pistachio nuts, chopped

ROLL rusk fine, mix with 1 cup sugar, cinnamon and the butter. Set aside ¾ cup of the mixture to sprinkle over the top. Butter a 9-inch spring form. Spread and press mixture on bottom and sides of form. Beat eggs (without separating) with sugar until light. Add salt, lemon and if desired, vanilla. Stir in the milk and add cheese and flour and mix all together. Strain through a fine sieve. Stir until smooth, adding nuts. Pour into rusk-lined mixture. Sprinkle top with mixture. Bake in slow oven (325° F.) for 1 hour. Turn off heat, let stand in oven 1 hour or until cool. Remove rim of spring form and place with tin bottom on serving plate.

Steamed Chocolate Pudding

- 2 tablespoons butter
- ½ cup sugar
- ½ cup Carnation Milk, undiluted
- 1 cup flour
- 1 teaspoon baking powder
- 2 squares chocolate
- 1 egg
- Few grains of salt

CREAM butter with sugar. Add beaten egg. Then milk and flour sifted with baking powder, alternately, salt and then melted chocolate. Steam 2 hours. Serve with Butter Sauce.

BUTTER SAUCE

- ½ cup butter
- 1 cup sugar
- ½ cup boiling water
- 1 teaspoon vanilla

Cook until thick and serve hot.



Frozen Desserts

Cinnamon Apple Frappé

- 6 good flavored apples
- $\frac{1}{4}$ cup red cinnamon candies
- $\frac{2}{3}$ cup sugar
- $1\frac{1}{2}$ cups water
- $\frac{1}{2}$ cup Carnation Milk, undiluted

COOK the apples, cinnamon candies, sugar and water until the apples are tender. Put through a sieve and add the Carnation Milk. Pour into freezing tray of an electric refrigerator and freeze undisturbed. When ready to serve, scrape up thin layers of the ice with an inverted spoon and blend together again. Fill sherbet glasses and serve immediately.

Cranberry Ice

- 2 cups cranberries
- 1 cup water
- $1\frac{1}{2}$ cups granulated sugar
- $\frac{1}{8}$ teaspoon salt

COOK all 4 ingredients until the cranberries are tender. Put through a colander or strainer. Pour the cranberry purée into a freezing tray of the refrigerator and allow to freeze undisturbed. When ready to serve, scrape up thin layers of the ice with an inverted spoon and stir together again. This lightens the color and improves the texture. Serve in sherbet glasses at once.

New York Ice Cream

- 4 egg yolks
- 1 cup Carnation Milk diluted with $\frac{1}{2}$ cup water
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{2}$ cup sugar
- 1 cup Carnation Milk, chilled for whipping†
- 2 tablespoons lemon juice
- $1\frac{1}{2}$ teaspoons vanilla

MIX the yolks of eggs, sugar and salt and combine with milk. Cook very slowly in double boiler until mixture coats a spoon, then chill thoroughly. Whip the Carnation Milk, add lemon juice and chilled custard mixture. Fold together carefully and pour into a freezing tray of electric refrigerator and freeze for 3 to 4 hours. Serves 6.

Chocolate Marshmallow Ice Cream

- 1 square bitter chocolate
- 16 marshmallows
- 4 tablespoons sugar
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{2}$ cup Carnation Milk diluted with $\frac{1}{2}$ cup water
- 1 cup Carnation Milk, chilled for whipping†
- 1 tablespoon lemon juice

HEAT the milk and chocolate in double boiler until the latter is melted. Add the marshmallows, salt and sugar, and heat slowly until the marshmallows are melted. Chill the mixture. Whip the chilled Carnation Milk, add lemon juice and chilled chocolate mixture. Fold together carefully. Freeze in an electric refrigerator tray for 3 hours. Serves 6.

Cocoanut Bisque

- 3 tablespoons tapioca
- 1 cup Carnation Milk diluted with 1 cup water
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ cup sugar
- 2 eggs
- 2 tablespoons sugar
- 1 cup Carnation Milk, chilled for whipping†
- $1\frac{1}{2}$ teaspoons vanilla
- 1 cup moist cocoanut
- 1 tablespoon lemon juice

ADD tapioca to milk, cook in double boiler 15 minutes or until the mixture is clear and thickened. Stir frequently, add the $\frac{1}{2}$ cup of sugar for the last few minutes of cooking. Put the hot mixture through a sieve and add the beaten egg yolks. Beat the egg whites, add salt and the 2 tablespoons of sugar. Fold into cold tapioca mixture. Fold in whipped Carnation Milk with lemon juice added, vanilla and cocoanut. Turn into freezing tray of electric refrigerator and freeze as rapidly as possible, about $2\frac{1}{2}$ hours required. For variety toast cocoanut in hot oven until brown.





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Frozen Desserts

*Rainbow Meringue Ring

MERINGUE

- 6 egg whites
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon cream of tartar
- $1\frac{1}{2}$ cups sugar

BEAT egg whites until frothy. Add salt and cream of tartar and beat until stiff. Add sugar very gradually and beat until mixture is very stiff and will stand in peaks. With pastry bag, shape meringue into large circle on sheet of moist parchment paper. Place on baking sheet and bake in very slow oven (250°F) for one hour. Fill half of ring with Apricot Cream, and the other half with Pineapple Milk Sherbet. Garnish with apricot halves filled with the Pineapple Milk Sherbet.

APRICOT CREAM

- 1 No. $2\frac{1}{2}$ tin apricot halves
- 1 cup Carnation Milk, chilled for whipping†
- $\frac{1}{4}$ cup confectioners' sugar
- $\frac{1}{8}$ teaspoon salt

MASH apricots, reserving a few for garnish, and add sugar and salt. Whip chilled Carnation Milk until thick. Fold in apricot mixture. Freeze in freezing tray for two hours. Serves 6.

PINEAPPLE MILK SHERBET

- $1\frac{1}{2}$ cups cooked pineapple juice
- $\frac{1}{2}$ cup sugar
- Few grains salt
- 2 egg whites
- $\frac{1}{2}$ cup Carnation Milk, undiluted
- 3 tablespoons lemon juice
- Few drops vegetable coloring

BOIL the pineapple juice, sugar and salt together for 3 minutes. Beat the whites of eggs stiff but not dry.

Pour the hot pineapple syrup into the beaten whites gradually, beating constantly. Chill thoroughly. Combine milk and lemon juice and fold into the chilled mixture. Add vegetable coloring. Fold together carefully and freeze in an electric refrigerator tray for 3 hours. Serves 6.

Maple Mousse

- $\frac{3}{4}$ cup maple syrup
- 4 egg yolks
- 1 teaspoon vanilla
- $1\frac{3}{4}$ cups Carnation Milk, chilled for whipping†

COMBINE maple syrup and beaten egg yolks and cook in double boiler until thick like custard. Beat until cold, add vanilla. Fold in whipped Carnation Milk, pour into freezing tray and freeze about 3 hours.

Orange Milk Sherbet

(Freezer Method)

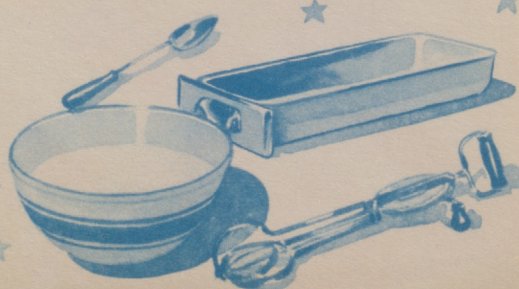
- 2 cups Carnation Milk, undiluted
- 1 cup water
- $1\frac{3}{4}$ cups sugar
- 2 cups orange juice
- 4 tablespoons lemon juice
- Few grains salt

CHILL milk. Boil sugar and water for about 5 minutes. Cool. Add juices and pour slowly into milk. Pour into freezer and freeze with 1 part salt to 8 parts ice. Makes $1\frac{2}{3}$ quarts.

Caramel Ice Cream

- $\frac{1}{3}$ cup sugar
- $\frac{1}{2}$ cup Carnation Milk diluted with $\frac{1}{2}$ cup water
- $\frac{1}{8}$ teaspoon salt
- 1 cup Carnation Milk, chilled for whipping†
- 2 egg yolks beaten
- 2 tablespoons sugar
- 1 teaspoon vanilla

CARAMELIZE $\frac{1}{3}$ cup sugar in frying pan. Scald milk in double boiler, add sugar. Cook until sugar crystals are dissolved. Add 2 tablespoons sugar and salt to egg yolks and combine with hot sugar solution very gradually. Cook slowly until thickened. Chill. Whip Carnation Milk, add vanilla and chilled mixture. Pour into freezing tray and freeze for 3 hours. Serves 6.



Frozen Desserts

Raspberry Marlow

- 15 marshmallows
- $\frac{1}{2}$ cup Carnation Milk diluted with $\frac{1}{2}$ cup water
- 1 teaspoon vanilla
- Dash of salt
- Creamy jam sauce
- 1 cup whipped Carnation Milk †

HEAT milk. Melt marshmallows in milk. Beat thoroughly and chill until slightly thickened. Add vanilla, salt and 1 cup whipped Carnation Milk to marshmallow mixture. Place in refrigerator tray and freeze.

CREAMY JAM SAUCE

Fold 4 tablespoons raspberry jam into $\frac{1}{2}$ cup Carnation Milk, whipped. Place alternately with marlow into parfait glasses and serve.

Raspberry Ice Cream Shortcake

VANILLA ICE CREAM

- $\frac{1}{2}$ cup Carnation Milk diluted with $\frac{1}{2}$ cup water
- 1 $\frac{1}{2}$ tablespoons flour
- $\frac{1}{3}$ cup sugar
- $\frac{1}{8}$ teaspoon salt
- 1 cup Carnation Milk, chilled for whipping †
- 2 tablespoons lemon juice
- 1 $\frac{1}{2}$ teaspoons vanilla

SCALD milk in double boiler. Mix the flour, sugar and salt thoroughly. Combine slowly with the scalded milk. Cook for several minutes until the mixture thickens. Chill. Whip the chilled Carnation Milk, add lemon juice and fold carefully into the cooled milk mixture, adding vanilla at the same time. Freeze undisturbed for 3 hours in an electric refrigerator.

To make the Raspberry Ice Cream Shortcake, press a pint of red or black raspberries through a fine sieve. Add 2 teaspoons lemon

juice, $\frac{1}{2}$ cup powdered sugar and a few grains of salt. Chill. Cut sponge cake in 2-inch squares, place the desired amount of ice cream on the cake and cover with the raspberry mixture. Serve at once. Serves 6.

PEANUT BRITTLE ICE CREAM

Add $\frac{1}{2}$ cup ground peanut brittle candy to vanilla ice cream recipe.

PEPPERMINT ICE CREAM

Add $\frac{1}{2}$ cup ground peppermint candy to vanilla ice cream recipe and cut sugar to $\frac{1}{4}$ cup instead of $\frac{1}{2}$ cup.

Rhubarb and Strawberry Ice

- 2 cups cooked rhubarb (unsweetened, with only little juice)
- 1 pint fresh strawberries
- 2 tablespoons lemon juice
- Few grains of salt
- 1 $\frac{1}{2}$ cups sugar
- $\frac{1}{2}$ cup Carnation Milk, undiluted

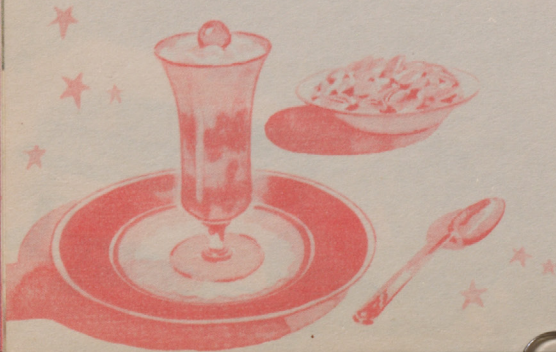
CLEAN and wash the berries and mash. Put rhubarb and berries through sieve or colander. Add all other ingredients, pour into freezing tray of an electric refrigerator and freeze undisturbed for 3 hours. When ready to serve, scrape up thin layers of the mixture with an inverted spoon and blend together. Serve in sherbet glasses immediately. Serves 6.

Standard Parfait

- $\frac{3}{4}$ cup sugar
- $\frac{1}{4}$ cup water
- 2 egg whites
- 1 cup Carnation Milk, chilled for whipping †
- 2 teaspoons vanilla
- Few grains salt
- 2 tablespoons lemon juice

COOK sugar and water until it threads (236°F.). Pour into the beaten whites of eggs, to which the salt has been added, beating constantly. Chill. Whip the Carnation Milk, add lemon juice, fold into the egg and syrup mixture and add vanilla. Pour into a freezing tray of an electric refrigerator and allow 3 hours for freezing. Serves 8.

†Whipping Directions on page 6



Confections

Fudge

- 3 cups granulated sugar
- 2 tablespoons corn syrup
- 3 squares bitter chocolate
- $\frac{1}{8}$ teaspoon salt
- 1 cup Carnation Milk, undiluted
- 1 cup nutmeats
- 3 tablespoons butter

Mix all ingredients except the nuts and butter and boil until syrup reaches 240°F . or until a soft ball is formed when a small amount of syrup is dropped in cold water. Remove from fire and add butter. Cool until lukewarm. Beat until creamy, add nuts and pour into a buttered pan or form into a roll. Wrap in waxed paper if a roll and cut in thin slices when ready to serve. To make marshmallow fudge, just before pouring into the pan add 1 cup marshmallows, cut into fine pieces.

Penoche

- 3 cups brown sugar
- 2 tablespoons corn syrup
- 1 tablespoon butter
- 1 cup Carnation Milk, undiluted
- $\frac{3}{4}$ cup chopped nuts
- 1 teaspoon vanilla

Boil sugar, syrup and milk to 240°F . or until a little of the syrup makes a soft ball when dropped in cold water. Remove from fire and add butter. Cool until lukewarm and beat until creamy. Add nuts and vanilla and turn into buttered pan.

Bon Bons

- 2 cups sugar
- $\frac{1}{4}$ cup Carnation Milk diluted with $\frac{1}{4}$ cup water

Dissolve the sugar in the milk and boil slowly until it forms a soft ball when tried in cold water—a ball that you can roll in your fingers, 240°F . Take from fire and let stand until cold. Now stir until it becomes of rather hard consistency. Then take in the hands and mold until smooth and creamy. This is called fondant. Make into small balls, putting a nut or piece of candied fruit in the center.

Place in a cool room for an hour or so. In a small pan over the teakettle or in a small double boiler, heat remainder of fondant, coloring it green, pink or whatever color desired, and when this is the proper consistency, dip balls in it, one at a time, and drop on oiled sheet. For Chocolate Creams, melt chocolate and dip fondant balls in it.

New Orleans Pecan Pralines

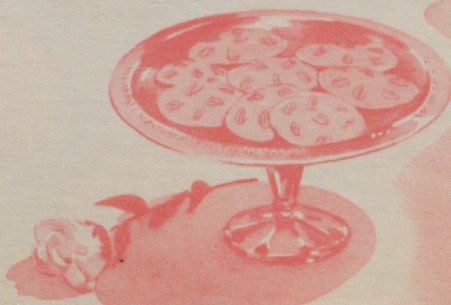
- $\frac{3}{4}$ cup Carnation Milk, undiluted
- $\frac{1}{4}$ cup water
- 1 cup maple sugar
- $1\frac{1}{2}$ cups pecan meats
- 1 tablespoon butter
- Few grains of soda
- 1 cup medium brown sugar

Combine sugar, soda, milk, water and butter in a saucepan and stir until the sugar is dissolved. Cook until the mixture forms a soft ball when a small portion is dropped in cold water, 240°F . Remove from stove and cool slightly. Beat until creamy; then let kettle stand in hot water until candy is soft enough to form flat cakes when dropped from spoon. Arrange nutmeats in groups on pan or oiled paper; drop candy from a spoon over nuts.

Raisin Peanut Creams

- 2 cups sugar
- $\frac{3}{4}$ cup Carnation Milk, undiluted
- 1 tablespoon corn syrup
- $\frac{3}{8}$ cup chopped raisins
- $\frac{1}{4}$ cup peanut butter
- 1 teaspoon vanilla

Cook sugar, milk and syrup to the soft ball stage, 240°F . Remove from heat, add the raisins, peanut butter and vanilla and let stand until lukewarm. Beat until creamy and turn into a buttered square pan. Cool and cut in squares.





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Breads

I. YEAST BREADS

*Foundation Yeast Bread

4 cups sifted flour
½ teaspoon mace
¼ cup melted shortening
1 cake compressed yeast blended with
¼ cup warm water
1 whole egg
1 egg yolk
1 teaspoon salt
3 tablespoons sugar
1 cup Carnation Milk diluted with ½
cup warm water

SIFT flour, salt and mace together. Beat shortening, eggs and sugar together with rotary beater. Add milk and yeast. Combine this mixture gradually with flour. Knead thoroughly until smooth. Grease top, cover and let rise in warm place until double in bulk. Press dough down and turn over. Chill dough thoroughly.

*Egg and Milk Mixture

Mix one egg, well beaten, with 2 tablespoons Carnation Milk undiluted. Brush hot baked rolls with this mixture and return to oven to dry.

*Clover Leaf and Finger Rolls

USE foundation dough, cut into uniform small pieces. Roll pieces into rounds, and place three rounds in each muffin tin section. Let rise until light. Bake in hot oven (400°F.) 10 to 15 minutes. Brush with egg and milk mixture to glaze. Makes 12 rolls. For finger rolls shape dough into finger shaped strips and place in greased finger mold pan, then proceed as above.

*Parker House Rolls

ROLL prepared dough, cut with biscuit cutter, and brush with melted butter. Fold over, place on baking sheet and let rise until light. Bake in moderate oven (375°F.) for 15-20 minutes. Use egg-milk mixture to glaze.

*Poppy Seed Crescents and Squares

FOR squares, roll out foundation dough and cut into strips, 1½ inches wide and 3 inches long. Cover with poppy seeds, fold in half, brush top with egg-milk mixture and cover with seeds. Let rise until light. Bake 10-15 minutes in hot oven (400°F.). For Crescents, shape dough into crescents, brush with egg-milk mixture and cover with poppy seeds.

*Swedish Tea Ring

SHAPE dough into two long rolls. Roll to ¼ inch thickness, spread with melted butter, brown sugar, and nuts. Roll like jelly roll. Form 2 circles on greased baking sheet. Brush with egg-milk mixture and sprinkle with nuts. Cut rings diagonally at 2 inch intervals (almost to center) with scissors. This gives a petal appearance. When light bake in hot oven (400°F.) until brown.

*Raisin Pecan Loaf

USE Swedish Tea Ring recipe. After rolling like jelly roll, put in loaf tins and cover top with pecans and raisins. Bake as above. When cool, top with powdered sugar moistened with undiluted Carnation Milk.

*Custard Coffee Cake

USE Swedish Tea Ring recipe. After rolling up dough cut off two inch slices. Arrange five slices in round cake tin. Make depression in center of each round, let rise until light, and bake. After baking, fill depressions with firm custard, and frost.



Breads

*Streussel Coffee Cake

- 1½ cups sifted all-purpose flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- ¼ teaspoon mace or nutmeg
- 6 tablespoons sugar
- 2 tablespoons shortening
- 1 egg
- ½ cup Carnation Milk, undiluted

SIFT dry ingredients. Cut in shortening, add unbeaten egg, and milk. Stir to a smooth dough. Turn into a loaf pan and cover with top mixture.

TOP MIXTURE

- 4 tablespoons sugar
- 2 tablespoons flour
- 1 teaspoon butter
- ¼ teaspoon mace or cinnamon

WITH a fork mix all ingredients thoroughly. Scatter over top of coffee cake and bake in a hot oven (400°F.) 25 minutes.

*Blitz Coffee Cake

BAKE Streussel Coffee Cake in round cake tin. Cover top before baking with shaved almonds and brown sugar. After cake has cooled, split in half lengthwise and spread with whipped cream filling (page 51) and raspberry jam.

Banana Bread

- ½ cup butter
- 1 cup sugar
- 2 eggs
- ¼ cup nutmeats
- 3 bananas, crushed
- 2 cups bread flour
- 1 teaspoon soda

CREAM butter and sugar, add beaten eggs and then flour and soda. Crush bananas and mix in, add nutmeats. Place in a greased bread pan and bake in moderately hot oven (350°F.) 30 minutes.



*Spicy Apple Muffins

- 2¼ cups sifted pastry flour
- 3½ teaspoons baking powder
- ½ teaspoon salt
- ½ teaspoon cinnamon
- ½ teaspoon nutmeg
- 4 tablespoons shortening
- ½ cup plus 2 tablespoons sugar
- 1 egg, beaten
- 1 cup undiluted Carnation Milk
- 1 cup finely chopped raw apples

SIFT flour with baking powder, salt, ¼ teaspoon cinnamon, and ¼ teaspoon nutmeg. Cream shortening and ½ cup sugar. Stir in egg, then flour mixture alternately with milk. Fold in apples, then fill greased muffin pans almost full. Sprinkle with remaining sugar, cinnamon, and nutmeg. Bake in hot oven 425°F. 20 to 25 minutes. Makes 20.

**Orange Muffins

- ¼ cup butter
- ⅓ cup sugar
- 1 egg
- 1½ cups cake flour
- 2 teaspoons baking powder
- ¼ cup Carnation Milk, undiluted
- ¼ cup orange juice
- Grated rind of 1 orange

CREAM the butter and sugar, add egg and beat well; add milk, orange juice and grated orange rind, then flour and baking powder sifted together. Bake in muffin tins 20 minutes in moderately hot oven (375°F.). The batter may be stored in refrigerator several hours before baking.

Waffles

- 2 cups cake flour
- 3 teaspoons baking powder
- ½ cup Carnation Milk diluted with ½ cup cold water
- 4 tablespoons melted butter
- ½ teaspoon salt
- 3 eggs, separated

SIFT dry ingredients together. Add beaten egg yolks, milk, butter. Fold in stiffly beaten egg whites. Pour into waffle iron. Bake until golden brown.

*See illustration on page 64
**See illustration on page 32

Sandwiches

Cucumber and Almond Sandwiches * Sandwich Loaf

- 2 small cucumbers
- 1 cup French dressing
- $\frac{1}{2}$ cup salted almonds
- Whole wheat or white bread
- Mayonnaise

PEEL and remove the seeds from the cucumbers, then chop fine. There should be $1\frac{1}{3}$ cups after chopping. Add well-seasoned French dressing, and let stand in the refrigerator for at least $\frac{1}{2}$ hour. Then drain off the French dressing, add finely cut almonds to the cucumbers. Use as a filling between slices of bread which have been spread with mayonnaise. Makes 12 full-sized sandwiches.

Open-Faced Peanut Butter and Banana Sandwiches

- Bread
- Peanut butter
- Bananas, thinly sliced crosswise
- Lemon juice

BUTTER thin triangular slices of bread. Spread thinly with peanut butter. Dip banana slices in lemon juice and arrange them on the triangles, pressing them lightly onto the peanut butter. Brush with lemon juice.

Oriental Sandwiches

MIX 3 tablespoons of chopped blanched almonds, 2 tablespoons of finely chopped preserved ginger and $1\frac{1}{2}$ tablespoons of orange juice. Spread on buttered wafers or between thin slices of gingerbread.

Pickle and Meat Sandwiches

- 1 cup cooked meat
- 1 hard cooked egg
- 3 medium sized sweet pickles
- 3 tablespoons tomato catsup

PUT the meat, egg and pickles through a food chopper. Add the catsup and blend. Spread between buttered slices of bread, adding a crisp lettuce leaf.

- 1 loaf whole wheat bread
- 1 loaf of white bread
- 1 pound cream cheese
- 1 cup Carnation Milk, undiluted
- 1 bottle stuffed olives
- $\frac{1}{4}$ pound walnut meats
- 4 eggs, hard cooked
- 1 cup mayonnaise
- 1 cup potted ham, minced chicken or salmon
- $\frac{1}{2}$ pound butter
- 2 slices bacon
- Salt and pepper

REMOVE crust from bread and cut lengthwise 1 inch thick alternating the 2 slices of white bread and 2 slices whole wheat bread. Spread each slice with butter. Chop olives and nuts fine, mix with enough mayonnaise to spread first slice of bread. Chop cooked eggs, mix with mayonnaise and chopped crisp bacon. Season with salt and pepper, spread second slice of bread. Put minced ham, chicken or salmon on third slice of bread and place one on top of the other. Spread outside, top and sides with cream cheese which has been moistened with Carnation Milk. Garnish top and sides with cream cheese flowers tinted with vegetable coloring. Garnish platter with parsley, turnip slices, and cucumber flowers.

Snappy Sandwiches

- 1 package (3 oz.) snappy cheese
- 16 small stuffed olives
- 2 shelled hard-cooked eggs
- 1 teaspoon minced onion
- 2 tablespoons melted butter
- 2 teaspoons lemon juice
- 1 loaf bread

CREAM cheese until soft. Add olives and eggs which have been finely chopped, onion, butter, and lemon juice. Blend well and use as a filling between slices of buttered bread.





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Sauces

SAUCES FOR PUDDINGS

Delicate Sauce

- ¼ cup butter
- ½ cup powdered sugar
- 1 cup whipped Carnation Milk †
- 1 teaspoon vanilla
- 1 tablespoon orange juice

BEAT butter and sugar to a cream. Add whipped Carnation Milk. Put over hot water and beat until thick. When smooth and thick, add vanilla and orange juice. Serve warm.

Hard Sauce

- ⅓ cup butter
- 1 cup powdered sugar
- 1 tablespoon Carnation Milk
- 1 teaspoon vanilla or other flavoring

CREAM butter until soft. Slowly add the sugar, beating constantly. Stir in milk, drop by drop. Add flavoring. Pile on a fancy dish and keep in cool place until serving time. Pass with the pudding or place a serving on each slice of pudding. Lemon juice, grated lemon rind, a few gratings of nutmeg or mace may be used instead of vanilla.

For GINGERBREAD HARD SAUCE, crush 8 gingersnaps very fine and add to creamed butter and sugar, blending well until the mixture is smooth. Chill.

Vanilla or Lemon Sauce

- ½ cup sugar
- 1 tablespoon cornstarch
- 1 teaspoon vanilla
- 2 tablespoons butter
- 1 cup boiling water
- Few grains of salt

MIX sugar, salt and cornstarch, add boiling water. Cook until thick and clear, stirring constantly. Continue cooking over hot water for about 20 minutes. Remove from heat and add butter and flavoring.

For LEMON SAUCE, use grated rind and juice of ½ lemon instead of vanilla.

For ORANGE SAUCE, use grated rind and juice of ½ orange instead of vanilla.

French Pudding Sauce

- ½ cup butter
- 1 cup powdered sugar
- 1 egg white
- ½ cup whipped Carnation Milk †
- 3 tablespoons grenadine
- Salt

CREAM together the butter and sugar. Add the stiffly beaten egg white and the whipped Carnation Milk. Add grenadine and just a few grains of salt. Serve at once on hot puddings.

SAUCES FOR ICE CREAM

Butterscotch Sauce

- 1 cup brown sugar
- 1 tablespoon vinegar
- ⅛ teaspoon salt
- 4 tablespoons butter
- ½ cup cold water
- ½ teaspoon vanilla

COOK sugar, butter, vinegar, water and salt, stirring frequently until a portion will form a soft ball in cold water. Add the vanilla and serve over ice cream. (This sauce can be reheated just before serving.)

Mocha Pecan Sauce

- 1 cup sugar
- ⅓ cup strong coffee infusion
- 3 squares bitter chocolate
- ⅓ cup Carnation Milk, undiluted
- ½ cup pecan meats

BOIL sugar and coffee infusion to 240° F. or until it forms a very soft ball in cold water. Pour slowly over the chocolate, which has been melted over hot water; stir until smooth. Add milk and beat until the mixture is creamy. Add pecan meats and serve either hot or cold over ice cream.



Sauces

Chocolate Sauce

- 1 cup water
- $\frac{1}{2}$ cup sugar
- 1 square bitter chocolate
- $\frac{1}{4}$ cup cold water
- 1 tablespoon cornstarch
- 1 teaspoon vanilla
- Few grains salt

BOIL sugar and one cup of water to a syrup, about 5 minutes. Stir cornstarch and cold water together. Add melted chocolate to the hot syrup and pour this into the cornstarch mixture. Stir well, return to fire and cook several minutes. Flavor, and serve hot on ice creams and puddings.

Coffee Sauce

- 1 cup Carnation Milk diluted with $\frac{1}{2}$ cup water
- $\frac{1}{2}$ cup ground coffee
- $\frac{1}{3}$ cup sugar
- $\frac{3}{4}$ tablespoon cornstarch
- Few grains salt

SCALD milk with coffee, and let stand 20 minutes. Mix remaining ingredients, and pour on gradually the hot infusion which has been strained. Cook 5 minutes, and serve hot on ice cream and puddings.

SAUCES FOR MEATS AND FISH

Horseradish Sauce

(For Steaks and Boiled Beef)

- 4 tablespoons butter
- 12 soda crackers, rolled fine
- 2 cups Carnation Milk, diluted with $\frac{1}{4}$ cup water
- 3 teaspoons sugar
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{8}$ teaspoon paprika
- 3 tablespoons horseradish (grated)

MELT butter in saucepan. Add cracker crumbs and stir until light yellow. Stir in milk very

carefully. Add sugar, seasonings and horseradish. Cook for about 2 or 3 minutes after all ingredients have been added. Makes 6 to 8 servings. For WHIPPED HORSERADISH SAUCE, stir grated horseradish into whipped Carnation Milk† for a delicious sauce.

Mushroom Sauce

(For Meats and Croquettes)

- 2 tablespoons butter
- 2 tablespoons flour
- 1 cup Carnation Milk, undiluted
- Chopped onion
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{8}$ teaspoon paprika
- 1 can mushrooms (small) or $\frac{1}{4}$ lb. mushrooms (fresh)
- 1 tablespoon chopped parsley

MELT butter, add mushrooms, drained, rinsed and cut in quarters or slices, add flour, let brown, then add milk and seasonings. Serve hot over meat and croquettes. When using fresh mushrooms, separate caps and stems. Use caps in sauce and grind stems for soup.

Raisin Sauce for Baked Ham

- $\frac{3}{4}$ cup raisins
- 1 cup water
- 5 cloves
- $\frac{3}{4}$ cup brown sugar
- 1 teaspoon cornstarch
- Dash of paprika
- 1 tablespoon butter
- 1 tablespoon vinegar
- 1 tablespoon lemon juice
- Few drops Worcestershire sauce
- 1 teaspoon horseradish (grated)

COVER raisins with water, add cloves, and allow to simmer until thickened slightly. A double boiler may be used. Add butter and remaining ingredients. Serve hot. Makes 6 servings.

MUSTARD SAUCE

Mustard sauce is good with ham. Cream together 3 tablespoons butter, 3 tablespoons flour and $1\frac{1}{2}$ teaspoons dry mustard. Add 2 cups scalded undiluted Carnation Milk and stir until boiling. Just before serving, slowly add 1 teaspoon lemon juice.

†Whipping Directions on page 6



Sauces

SAUCES FOR VEGETABLES

White Sauce or Cream Sauce

THIS sauce is the most popular for vegetables. The standard white sauce is:

Thin—1 tablespoon butter, 1 cup Carnation Milk, undiluted, 1 tablespoon flour, $\frac{1}{4}$ teaspoon salt

Medium—2 tablespoons butter, 1 cup Carnation Milk, undiluted, 2 tablespoons flour, $\frac{1}{4}$ teaspoon salt

Thick—3 tablespoons butter, 1 cup Carnation Milk, undiluted, 3 tablespoons flour, $\frac{1}{4}$ teaspoon salt

Melt butter, add flour and blend until smooth. Add cold milk and cook until thickened. Add salt and any other desired seasonings. Pour over any hot cooked vegetables just before serving.

White sauces and cream sauces are delicious and creamy when made with undiluted Carnation Milk, due to the creaminess of the milk itself. White sauce is also the foundation of cream soups.

MISCELLANEOUS SAUCES

Mock Hollandaise Sauce

(For Fish and Vegetables)

2 tablespoons melted butter
 $\frac{3}{4}$ teaspoon minced onion
 Juice $\frac{1}{2}$ lemon
 2 teaspoons flour
 2 egg yolks, well beaten
 2 bouillon cubes
 $\frac{3}{4}$ cup boiling water
 2 tablespoons Carnation Milk, undiluted
 Celery salt, salt and paprika

COMBINE butter and flour in the upper part of the double boiler. Stir until smooth. Dissolve bouillon cubes in boiling water. Add milk. Add to butter and flour. Stir until smooth. Add onion. Cook, stirring constantly until thickened. Season with salt, paprika and celery salt. Combine egg yolks and lemon juice. Add to hot mixture. Cook, stirring constantly, 5 minutes. Serve at once. Serve with baked,

broiled or fried fish. Delicious on vegetables like broccoli and asparagus.

Tartare Sauce

(For Fish and Corned Beef Hash)

$1\frac{1}{4}$ cups mayonnaise
 1 tablespoon capers
 1 tablespoon chopped sweet pickle
 1 tablespoon minced parsley
 1 tablespoon chopped olives
 1 tablespoon pimiento, chopped fine
 1 teaspoon chopped chives
 1 hard cooked egg, chopped fine

Mix all together and chill before serving.

Tomato Sauce

(For Meat, Fish and Croquettes)

2 cups strained tomatoes or tomato purée
 4 tablespoons butter
 2 tablespoons sugar
 4 tablespoons flour
 2 tablespoons chopped onion
 Salt and paprika to taste

COOK onion in butter, add flour and blend. Add tomatoes and cook until thick, stirring constantly. Add seasonings.

Cucumber Sauce

(For Fish)

$1\frac{1}{2}$ cups cucumber, chopped
 1 teaspoon vinegar
 2 teaspoons salt
 2 tablespoons pimiento, chopped
 2 tablespoons green pepper, chopped
 2 tablespoons minced celery
 1 tablespoon horseradish (grated)
 $\frac{1}{2}$ teaspoon paprika
 1 cup mayonnaise

ADD salt and vinegar to cucumbers, allow to stand 10 or 15 minutes and drain. Add remaining ingredients and chill thoroughly.



Beverages

Cocoa Frappe

- 6 tablespoons cocoa
- 4 tablespoons sugar
- 2 cups boiling water
- 2 cups Carnation Milk, diluted with 2 cups cold water
- Chopped ice

MAKE paste of cocoa, sugar and water, cool, add milk and ice. Mix well and serve with a topping of whipped Carnation Milk.†

Mocha Chocolate

- 2 squares bitter chocolate
- 2 tablespoons coffee
- 2 cups Carnation Milk, undiluted—scalded
- 1 cup boiling water
- 3½ tablespoons sugar
- Few grains salt
- 1 teaspoon vanilla

CUT chocolate in small pieces. Pour boiling water over coffee. Let stand 5 minutes. Strain. Add to chocolate. Add sugar and salt. Cook over direct heat, stirring constantly, 2 minutes. Add milk. Stir until blended. Add flavoring. Serve with whipped Carnation Milk.†

Pineapple Mint Julep

- 4 tablespoons mint jelly
- 4 tablespoons sugar
- Juice 4 lemons
- 4 cups tea infusion
- 2 cups canned pineapple juice
- Fresh mint

POUR hot tea over mint jelly and sugar; stir until the jelly is melted. Cool. Add pineapple juice and lemon juice. At serving time, fill glass half full of mixture. Add ginger ale to fill glass, add sprig of fresh mint in each glass and green ice cubes.

Amber Punch

- 1 pint cold tea infusion
- 2 quarts sweet cider
- Juice 1 lemon
- 2 oranges, sliced
- 1 cup granulated sugar
- 1 bunch fresh mint
- 1 quart sparkling lime juice
- 2 quarts cracked ice

MIX all the ingredients together except the carbonated lime juice and ice. Chill for 2 hours. Just before serving, pour in the lime and ice. Makes 10 glasses.

Coffee

MAY be made by boiling, percolating or dripping. Whatever method is used, the proportion of water and coffee will vary according to individual taste, the brand used and the grind. Use accurate level measurements. Put at least ½ cup cold water over the coffee before adding boiling water, as this brings out the delicate coffee aroma. For dripping, have the coffee finely ground. For percolating, the coffee must be finely ground, but not so fine as for drip coffee. For boiled coffee, the grind should be coarse, as a very fine grind is apt to make a muddy infusion. Coffee must be served very hot, and to improve its flavor add Carnation Milk, undiluted.

For CAFÉ AU LAIT, to strong, freshly made hot coffee add an equal quantity of Carnation Milk, heated. The best method of mixing is to pour the coffee and milk into the cup simultaneously.

Tea

USE from ¼ to 1 teaspoon of tea for every cup of water, the exact amount depending on the kind of tea and the desired strength. Heat teapot by filling with boiling water and pouring out. Place tea in the heated pot and pour over it the measured amount of water which has just come to a vigorous boil. Allow the infusion to stand about 3 to 5 minutes. Strain off. Do not allow to stand on the leaves after it has once reached the desired strength.



†Whipping Directions on page 6

Garnishes

Garnishes for Soup

SLIGHTLY salted whipped Carnation Milk† sprinkled with paprika or parsley; egg balls (hard-cooked egg yolk, mashed, moistened with uncooked beaten egg, rolled into tiny balls and poached, or floured and fried in butter); fritter batter dropped by half-teaspoonfuls into hot fat and cooked golden brown; fancy macaroni and noodles; croutons; Julienne vegetables.

CROUTONS

Work one teaspoon Worcestershire Sauce into $\frac{1}{2}$ cup butter and spread on slices of stale bread. Cut into cubes and brown in the oven or in a frying pan. Sprinkle lightly with salt and use as a garnish for soups and stews.

EGG YOLK GARNISH

When you have egg yolks left from recipes that require only the whites, drop them into boiling water containing a teaspoon of salt for each pint. Cook until firm, and use, whole or rubbed through a coarse strainer, as a garnish for soups, salads and creamed dishes.

JULIENNE VEGETABLES

Cut raw potatoes, carrots, onions, turnips, celery, etc., into shreds the size of a match and simmer until tender in water containing a teaspoon of salt. Use as a garnish for soups, meats and entrées.

Garnishes for Meats

LATTICE or Saratoga potatoes; turnip, carrot or rice cups filled with peas; mushrooms; watercress; tiny broiled sausages for lean meats; fried apple rings; cubed jelly.

APPLE RING GARNISH IS DELICIOUS

Core tart apples. Cut crosswise in slices about $\frac{3}{4}$ of an inch thick. Lay these rings on rounds of thin toast in a baking pan. Cream together 2 tablespoons butter, $\frac{1}{2}$ teaspoon salt and 1 cup sugar. Fill the openings in the apple rings

with this mixture and spread a little over each ring. Set in a hot oven (400°-450°F.) until the apple is cooked. Serve, on the toast, with roast meat or poultry.

Garnishes for Fish

SECTIONS or slices of lemon dipped into minced capers or parsley and crossed by strips of pimiento, lemon halves filled with chopped pickle, beet relish, mayonnaise or Tartare Sauce; lemons cut into any fanciful shape; curled celery; tiny whole tomatoes marinated in French Dressing; dressed cucumber; shoe-string potatoes.

Garnishes for Salads

HARD-COOKED egg—sliced, quartered, cut in rings, yolk balls, radish roses, curled celery, parsley, mint; green pepper, pimiento, pickled beets, stuffed beets; pickle "fans," capers; lemon slices, lemon cups filled with dressing, India relish or other minced pickles; cream cheese balls, halved nuts, stuffed dates, prunes or apricots.

CUCUMBER CUPS

Cut large cucumbers in 2-inch lengths. Scoop out part of the center and fill with minced ham, anchovy, cheese, etc. Score cucumber with fork. Use as a garnish for salads and cold cuts.

PEPPER GARNISH

- $\frac{1}{2}$ cup cream cheese
- 1 teaspoon salt
- 1 tablespoon Carnation Milk, undiluted

Work all the ingredients together thoroughly. Add anything you like for variety, such as chopped nut meats, minced parsley, onion



Garnishes

juice or Roquefort cheese. Cut the stem end from a firm green or red pepper and stuff tightly with the mixture. Chill and slice cross-wise. Use as a garnish for salads and cold cuts.

PICKLE FANS

Select small sweet pickles and cut from tip to stem end in thin slices, not cutting all the way through at stem end; press with fingers to form a fan.

STUFFED BEETS

Boil small beets until tender (or use canned ones). Peel, remove enough from center of each to form a case. Marinate cases for a few hours in pickling solution or French dressing; fill with mixture of chopped, hard-cooked egg yolk, sardines (or anchovies), capers and gherkins; or use small pieces from a jar of antipasto.

STUFFED CELERY STALKS FOR GARNISHING PLATTERS OF COLD MEATS AND SALADS

Select celery stalks with a decided curve so that sufficient filling can be used. Cut stalks in $2\frac{1}{2}$ inch lengths, fringe the tops and let stand in ice water for several hours. Remove, wipe and fill with cream cheese which has been seasoned highly with salt, paprika and a few chopped olives.

Garnishes for Beverages

FREEZE a maraschino or mint cherry in each ice cube when preparing for a party. For a fruit punch, freeze ginger ale cubes or fruit juices instead of using water. Colored flavorings can be utilized to great advantage in ice cubes. Serve lemonade and iced tea with lemon cubes.

Garnishes for Dessert

CHOPPED nuts, candied cherries or ginger; whipped Carnation Milk†—plain or flavored; meringue; marshmallows or marshmallow whip; cocoanut and gum drops.

Left-overs

Many times left-over food can be used to good advantage if a little thought is put on its appearance—how it will look when it appears before the critical family. For instance, left-over potatoes will be relished if when they are reheated they are covered with a good layer of grated cheese. A hot cheese sauce made by adding $\frac{3}{4}$ cup grated Canadian cheese and a few drops of Worcestershire sauce to a cup of white sauce will make any left-over vegetable or combination of vegetables into an entirely new dish.

Left-over meat can be utilized in pies, sandwiches, soufflés and loaves. What is better than chicken croquettes served with spiced jelly? Or a meat loaf can be made of left-over meat, vegetables and a little gelatine.

And think of the salads you can concoct from left-overs. A vegetable salad aspic can be made from a collection of assorted vegetables such as we find in the refrigerator. The same is true of a fruit salad aspic. All that is needed are the fruits or vegetables and some gelatine. When these salads are molded individually, they are especially attractive. They can be made hours ahead of time, which is often a great advantage. When serving salads, always have the greens, whether lettuce, watercress or endive, crisp as possible. Let the greens stand up around the salad rather than lie flat on the plate. Pile salad mixture lightly in a lettuce cup and never stir salads but toss ingredients together lightly, taking care to blend ingredients and not to crush them.

Just remember that a little “dressing up” will do wonders for the plainest of food. Since we all eat with our eyes first, let us keep this in mind when we are preparing food for our family.

†Whipping Directions on page 6



Menus

MENU-MAKING is an important task of the home-maker, for upon her rests the nourishment of the family. Following are suggestions for the daily menu that will help preserve the health of children and adults as well.

1. One quart of milk a day for each child and at least a pint for each adult.
2. Two vegetables other than potato, one of which is raw or leafy.
3. One fruit, at least, and preferably two—one served raw.
4. One egg per person per day.
5. A serving of meat, fish or cheese.
6. Enough starch (bread, potatoes, cereals) or sweet (desserts) foods to satisfy the appetite after other needs are met.

M E N U S F O R S P E C I A L O C C A S I O N S

NEW YEAR'S DAY TEA

CANAPÉS

CHEESE AND CHIVES
OLIVE AND NUT

ASSORTED COOKIES

MARGUERITES
MACAROONS
CORNFLAKE COOKIES

CANDIED GRAPEFRUIT, ORANGE AND LEMON PEEL, SALTED NUTS
RUSSIAN, PLAIN TEA OR COFFEE

AFTERNOON TEA PARTY

SANDWICH LOAF*

CUCUMBER AND ALMOND SANDWICHES*

STUFFED CELERY*

RIPE OLIVES

NEW YORK ICE CREAM*

ORANGE ICE BOX CAKE*

TEA

VALENTINE'S DAY CHILDREN'S SUPPER PARTY

HEART-SHAPED CHICKEN SANDWICHES

GARNISHED WITH BUTTERED BEETS CUT IN HEART SHAPE

STRAWBERRY AND VANILLA BRICK ICE CREAM

HEART-SHAPED MOTTO COOKIES**

MILK

**Place a little candy heart with a motto on top of each frosted cookie.

*Recipes in Book—See Index.





Special Menus

LUNCHEON FOR VICTORIA DAY

EGG CANAPES*
CREAMED SHRIMP AND PEAS IN BREAD BASKET*
STAR CARROT SALAD*
INDIVIDUAL BUTTERSCOTCH PIES WITH WHIPPED CARNATION MILK*
TEA

ST. PATRICK'S DAY GUEST LUNCHEON

CREAM OF SPLIT PEA SOUP*
GARNISHED WITH FINELY CHOPPED PARSLEY
CHICKEN SALAD* CLOVERLEAF ROLLS*
SHAMROCK PICKLES
MINT JELLY
EMERALD BAVARIAN CREAM*
COFFEE, TEA, MILK

EASTER DINNER

EGG AND OLIVE CANAPES
STEWED CHICKEN AND DUMPLINGS
BROCCOLI WITH HOLLANDAISE SAUCE
CARROT JELLIED SALAD ON WATERCRESS
ORANGE SHERBET IN MERINGUE SHELLS
COFFEE, TEA, MILK
TOMATO JUICE
RICED POTATOES

MAY DAY BREAKFAST

RHUBARB AND STRAWBERRY COCKTAIL
EGGS A LA GOLDENROD
WATERCRESS GARNISH
RIPE OLIVES
FRENCH FRIED ASPARAGUS
APRICOT MOUSSE
MACAROONS
COFFEE, TEA, MILK

WEDDING BREAKFAST

FRESH WHOLE STRAWBERRY AND PINEAPPLE WEDGE COCKTAIL
STUFFED CELERY
BAKED HAM LOAF
PUFFED POTATOES
ASPARAGUS WITH HOLLANDAISE SAUCE
CLOVERLEAF ROLLS*
AVOCADO AND ORANGE SALAD
BRIDE'S CAKE
COFFEE, TEA, MILK

*Recipes in Book—See Index.



Special Menus

WEDDING LUNCHEON

BROILED GRAPEFRUIT
CUCUMBER RELISH CELERY CURLS
FRIED SPRING CHICKEN*
PARSLEY POTATOES CARROT GELATINE SALAD IN HEART MOLDS
STRAWBERRY ICE
BUTTERED PARKER HOUSE ROLLS*
MOLDED WEDDING BELL ICE CREAM
BRIDE'S CAKE
COFFEE, TEA, MILK

WEDDING RECEPTION MENU

FANCY SANDWICHES—*
CHECKERBOARD—ROLLED—OPEN FACED
PINEAPPLE ICE
BRIDE'S CAKE
COFFEE, TEA, SUGARED NUTS

WEDDING RECEPTION MENU—BUFFET

FRUIT SALAD IN INDIVIDUAL RING MOLDS
TINY TOASTED CHEESE SANDWICHES IN HEART SHAPE
STUFFED AND RIPE OLIVES
WEDDING CAKE
COFFEE, TEA, MILK

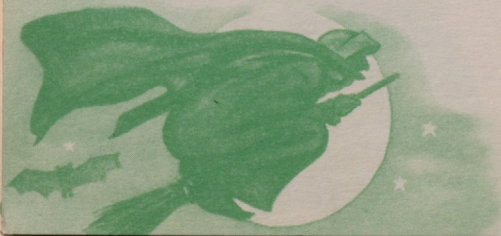
DOMINION DAY PICNIC

STUFFED EGGS TOMATO AND LETTUCE SANDWICHES
NIPPY CHEESE SANDWICHES
CUP CAKES ICED CHOCOLATE
MILK

AUGUST BEACH PARTY

LITTLE PIG SAUSAGES BROILED ON STICKS
ONION AND CUCUMBER SANDWICHES
DILL PICKLES
ROASTED APPLES TOASTED MARSHMALLOWS
DOUGHNUTS COFFEE TEA MILK

*Recipes in Book—See Index.



Special Menus

HALLOWE'EN BUFFET SERVICE

HOBGOBLINS AND BROOMSTICKS**
 CINNAMON APPLE FRAPPE
 DEVIL'S CAKE OR DOUGHNUTS
 CIDER

**Hobgoblins—cooked pork sausages wrapped in baking powder dough and baked. Broomsticks—stuffed celery with one end frayed.

THANKSGIVING DAY DINNER

	AVOCADO AND ORANGE COCKTAIL	
CELERY	PICKLED ONIONS	OLIVES
ROAST TURKEY*	PECAN DRESSING	GIBLET GRAVY
RICED POTATOES	CAULIFLOWER WITH CREAM SAUCE	
	CRANBERRY ICE*	
	FINGER ROLLS*	
	APPLE AND RAW CARROT SALAD	
	CHEESE STRAWS	
SUGARED NUTS	PUMPKIN PIE	RAISINS
COFFEE	CIDER	TEA
		MILK

CHRISTMAS DINNER

	SHRIMP COCKTAIL	
CELERY	ROAST PIG	OLIVES
CANDIED SWEET POTATOES	BROCCOLI AU GRATIN	
	APRICOT ICE*	
	HOT ROLLS AND BUTTER	
	LIGHTED CHRISTMAS CANDLE SALAD*	
	CHRISTMAS PLUM PUDDING OR BRICK ICE CREAM	
CHRISTMAS CANDIES	NUTS	FRUITS
COFFEE	TEA	MILK

NEW YEAR'S EVE BUFFET FOR "WATCH OUT" PARTY

HOSTESS TRAY WITH ASSORTED RELISHES AND CHEESE
 CHOCOLATE MARSHMALLOW ROLL

COFFEE	TEA	MILK
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*Recipes in Book—See Index.



Menus

OVEN COOKED MEALS

It is real economy to use the oven for the entire meal whenever possible. This practice often proves most convenient for the homemaker who is serving dinner to guests without any additional help, because the preparation of the meal can be done early, allowing a relaxing period before the guests arrive.

Following are some oven meals you will enjoy preparing and serving:

MENU I.

VEAL EN CASSEROLE		
SWEET POTATO SOUFFLÉ WITH MARSHMALLOWS		
ESCALLOPED ONIONS	RICE AND RAISIN PUDDING	
COFFEE	TEA	MILK

MENU II.

MEAT LOAF	BAKED DICED CARROTS	
BAKED SWEET POTATOES		
SALAD	MUFFINS	
ORANGE FLUFF		
COFFEE	TEA	MILK

MENU III.

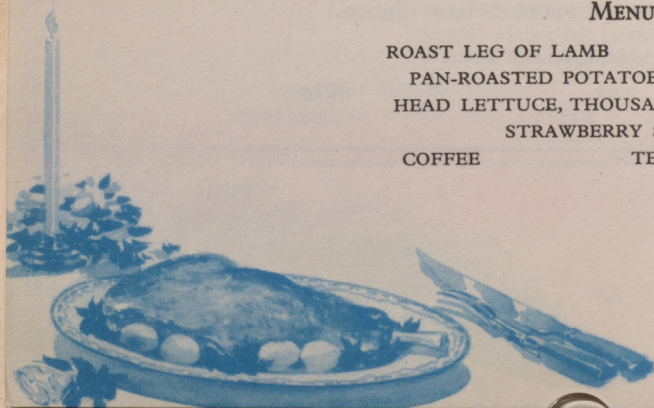
ESCALLOPED HAM AND POTATOES		
BUTTERED SPINACH	GRILLED TOMATOES	
PEPPER RELISH		
DEEP DISH BERRY PIE		
COFFEE	TEA	MILK

MENU IV.

BAKED FILLET OF HADDOCK		
BAKED LIMA BEANS	BAKED POTATOES	
COMBINATION SALAD		
LEMON CREAM PIE		
COFFEE	TEA	MILK

MENU V.

ROAST LEG OF LAMB	MINT SAUCE	
PAN-ROASTED POTATOES	PEAS	
HEAD LETTUCE, THOUSAND ISLAND DRESSING		
STRAWBERRY SHORTCAKE		
COFFEE	TEA	MILK



Child Feeding

If for any reason your child does not enjoy his milk as he should, there are several ways available to get him to enjoy it thoroughly. Try giving him a couple of straws and let him sip the milk through them just like the "grownups" at soda fountains. Or put his milk in a dainty sherbet glass with a bit of meringue on top, calling the dish "liquid ice cream." There are now on the market flavorings that color and flavor at the same time. A few drops of this flavoring will give a decidedly different flavor and color to the milk. One-half teaspoon vanilla and a dash of sugar is occasionally a welcome change. Give the children plenty of cambric tea, as they love it and it is an excellent way to get them to drink milk.

CHILDREN'S MENUS — 6 TO 12 YEARS

BREAKFAST

GLASS OF ORANGE JUICE
POACHED EGG SLICE OF TOAST
OATMEAL WITH CARNATION MILK
GLASS OF CARNATION MILK, DILUTED*

NOON MEAL

COTTAGE CHEESE ON LETTUCE*
BAKED POTATO BUTTERED SPINACH
WHOLE WHEAT BREAD AND BUTTER
ICE CREAM GLASS OF CARNATION MILK, DILUTED*

SUPPER

BAKED LIVER SPAGHETTI
CREAMED CAULIFLOWER
BREAD AND BUTTER
APRICOT BAVARIAN CREAM*
CAMBRIC TEA*

*Recipes in Book—See Index.



Child Feeding

BREAKFAST

TOMATO JUICE
COOKED CEREAL SERVED WITH CARNATION MILK
SOFT COOKED EGG WITH BUTTERED WHOLE WHEAT TOAST
GLASS OF CARNATION MILK, DILUTED*

NOON MEAL

CREAMED CODFISH
MASHED POTATOES
CELERY HEART ON SHREDDED LETTUCE
RYE BREAD AND BUTTER
BAKED CUSTARD*
BUTTERED PEAS
CAMBRIC TEA*

SUPPER

CREAM OF SPLIT PEA SOUP*
CREAMED CARROTS
BREAD AND BUTTER
A PEAR, RAW OR COOKED
GLASS OF CARNATION MILK, DILUTED*
BREAD STICKS
CRISP BACON
PLAIN COOKIE

BREAKFAST

PRUNE JUICE OR 4 OR 5 STEWED PRUNES
CORN MEAL MUSH SERVED WITH CARNATION MILK
WHOLE WHEAT TOAST WITH JELLY
COCOA*

NOON MEAL

VEGETABLE SOUP
BAKED BEANS
BREAD AND BUTTER
RICE PUDDING*
GLASS OF CARNATION MILK, DILUTED*
CRISP CRACKERS

SUPPER

SCRAMBLED EGGS ON TOAST
BAKED SWEET POTATO ON HALF SHELL*
STEWED TOMATOES
SHREDDED LETTUCE, APPLE AND RAISINS
GLASS OF CARNATION MILK, DILUTED*

*Recipes in Book—See Index.



Child Feeding

BREAKFAST

GRAPEFRUIT JUICE
CREAMED EGGS ON TOAST
GLASS OF CARNATION MILK, DILUTED*

NOON MEAL

BAKED POTATO
BUTTERED CABBAGE
WHOLE WHEAT BREAD AND BUTTER
BAKED APPLE SERVED WITH WHIPPED CARNATION MILK
GLASS OF CARNATION MILK, DILUTED*

SUPPER

SLICED BOILED BEEF HEART
CELERY
BUTTERED TURNIPS
BREAD AND BUTTER
PEACH TAPIOCA PUDDING*
CREAMED MACARONI
COCOA*

BREAKFAST

STEWED APRICOTS
HOT CEREAL SERVED WITH CARNATION MILK
BUTTERED TOAST
CAMBRIC TEA*
CRISP BACON

NOON MEAL

EGGS A LA GOLDENROD*
SHREDDED CABBAGE OR LETTUCE
BREAD AND BUTTER
JELLIED LEMON FLUFF*
GLASS OF CARNATION MILK, DILUTED*
BUTTERED BEETS

SUPPER

WING OR BREAST OF CHICKEN
BAKED SQUASH
APPLE SAUCE
GLASS OF CHOCOLATE CARNATION MILK*
MASHED POTATOES
COOKIES

*Recipes in Book—See Index.



Child Feeding

Glass of Carnation Milk

WHEN serving Carnation Milk as a drink, use 1 part of Carnation as it comes from the can to 1 part water. Fill a glass half full of Carnation, then fill to top with water. This gives slightly more food value than a glass of raw milk.

Cambric Tea

ONE-HALF cup hot water, $\frac{1}{2}$ cup Carnation Milk, 1 teaspoon sugar or honey. Combine ingredients and serve hot.

Cocoa

- 2 tablespoons cocoa
- 2 tablespoons sugar
- Few grains salt
- $\frac{1}{2}$ cup hot water
- $1\frac{1}{2}$ cups Carnation Milk diluted with $1\frac{1}{2}$ cups water

MIX cocoa, sugar and salt and add hot water. Cook over a low flame 10 minutes, stirring occasionally. Add hot milk and continue cooking in double boiler or over hot water 10 minutes. Stir thoroughly before serving.

Chicken and Pea Soup

- 4 tablespoons butter
- 4 tablespoons flour
- 2 cups Carnation Milk, undiluted
- 2 cups water or chicken broth
- 1 teaspoon salt
- $\frac{1}{3}$ teaspoon paprika
- 1 cup leftover chicken, chopped
- 1 cup peas, cooked

MAKE a white sauce of the butter, flour, milk and water or broth. Add salt and paprika. Add the peas which have been put through a sieve and the chopped chicken and heat thoroughly together.

Carnation Chocolate Milk

PREPARE a quantity of cocoa at one time and keep in refrigerator to serve cold as chocolate milk. Shake the bottle or stir before serving.

Egg a la Goldenrod

- 4 hard cooked eggs
- 2 tablespoons butter
- 2 tablespoons flour
- 1 cup Carnation Milk diluted with 1 cup water
- Salt
- White pepper
- 4 slices toast

MELT the butter, add flour and gradually scalded milk. Cook well and season with salt and pepper. Add the whites of hard cooked eggs, chopped fine. Pour over the toast and rub the yolks through a sieve over the top. Serves 4.

Baked Sweet Potatoes on Half Shell

- 6 sweet potatoes
- $\frac{1}{4}$ cup Carnation Milk diluted with $\frac{1}{4}$ cup water
- 3 tablespoons butter
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ cup chopped blanched almonds
- 1 dozen marshmallows

BAKE even-sized potatoes until soft. Cut in halves lengthwise and scoop out inside. Mash. Add milk, butter, salt and nuts. Refill shells, top each with two marshmallows, and brown in a moderate oven.

Baked Custard

- 2 eggs
- 4 tablespoons sugar
- 1 cup Carnation Milk diluted with 1 cup water
- 1 teaspoon vanilla
- $\frac{1}{4}$ teaspoon salt

SCALD milk in double boiler. Beat the eggs slightly, add sugar, salt and vanilla, then the hot milk. Pour into custard cups, set in pan of hot water and bake slowly until firm (when a knife inserted in center comes out clean). Cool before serving.



Child Feeding

*Peach Tapioca Pudding

- ¼ cup pearl tapioca
- 1 cup Carnation Milk, undiluted
- 1 cup boiling water
- ¼ teaspoon salt
- 1 No. 2 tin sliced peaches, drained
- ½ cup sugar
- 1 tablespoon butter
- ¼ teaspoon almond extract

SOAK tapioca in cold water for two hours. Drain and add to boiling water. Add salt, sugar, milk and cook in double boiler until clear. Add almond extract and butter. Fold in the drained sliced peaches carefully. Chill. Serve in sherbets, and garnish with tinted peach halves. Serves 6.

*Soft Custard

- 6 or 7 egg yolks
- ¾ cup granulated sugar
- ½ teaspoon salt
- 2 tablespoons cornstarch
- 2 cups Carnation Milk, diluted with
- 2 cups water
- 2 teaspoons vanilla

BEAT yolks, add to sugar, salt and cornstarch. Make smooth paste. Add milk very slowly and cook in double boiler. Stir constantly. When cool add vanilla. Serve, topped with meringue, in sherbet glasses lined with lady fingers. Serves 6-8.

Make meringue by beating two egg whites stiff, then gradually adding two tablespoons granulated sugar and ¼ teaspoon vanilla.

Apricot Bavarian Cream

- 2 cups apricot purée (juice and pulp) sweetened
- ¼ cup cold water
- 1 tablespoon gelatine
- 1 cup Carnation Milk, chilled for whipping †
- 1 tablespoon lemon juice
- 1 teaspoon vanilla

SOAK gelatine in cold water for 5 minutes. Then heat over hot water until melted. Combine with the apricot purée. Then cool. Whip the cup of Carnation Milk, add lemon juice and vanilla and combine with the apricot mixture. Pour into individual molds and place in

refrigerator to congeal. Serve with whipped Carnation Milk.

Cottage Cheese on Lettuce

MIX cottage cheese with enough Carnation Milk undiluted to give a creamy consistency. Shred the lettuce, place on plate, then place several small mounds of the creamy cottage cheese on the lettuce. Top with bits of pineapple, apricot or cherries.

Malted Milk

DILUTE 1 small can of Carnation Milk which has been chilled with an equal quantity of ice water. Add 1 teaspoon malted milk powder, 1 teaspoon cocoa or any desired flavoring and ½ teaspoon sugar. Beat with a rotary egg beater until thoroughly blended. Serve at once.

Jellied Chicken

- 2 cups diced chicken
- 1 cup chicken broth
- 1 cup Carnation Milk, undiluted
- 1 tablespoon gelatine
- ¼ cup cold water
- Salt and pepper

SOAK the gelatine in cold water for 5 minutes. Bring the chicken broth to the boiling point and pour over the gelatine. Allow to dissolve, add salt, pepper, milk and chicken. Chill in individual molds until firm. Serves 5 or 6.

Prune Whip

- 1 cup cooked prunes, rubbed through a sieve
- 1 cup Carnation Milk, undiluted & whipped †
- 2 tablespoons lemon juice
- ¼ cup sugar

COMBINE prune purée with sugar. Add lemon juice and fold into prune purée. Add whipped Carnation Milk.



Invalid Feeding

CARNATION MILK is an especially valuable item in the bland diets required by certain classes of invalids. Its protein, fat and mineral content is more easily digested and assimilated than that of raw or pasteurized milk. In the following menus, you will note the important part Carnation Milk has in the feeding of invalids and convalescents.

LIQUID DIET

IN some cases of acute illness, the digestive system must be allowed to rest as much as possible. For these patients, a fluid diet consisting of the following kinds of food is often indicated:

1. Milk—either plain diluted Carnation Milk; that is, half Carnation and half water, or it may be flavored with cocoa, strained gruels, meat broth, raw egg or fruit juice.
2. Broths—beef juice, extract or tea.
3. Soups—both cream soups and clear.

MILK DIET

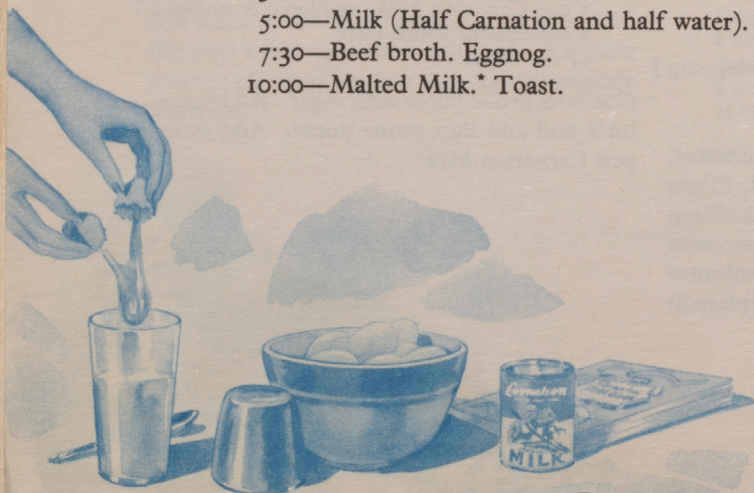
IN some cases of gastro-intestinal disorders, such as gastric ulcer, an exclusive milk diet is often recommended. In conditions of diarrhea, colitis and other intestinal disturbances, Carnation Milk is often used more successfully than raw or pasteurized milk.

SOFT DIET

A LIGHT or soft diet includes a few semi-solid foods, but has less solid foods than the convalescent diet. The following may be helpful as a soft diet suggestion:

- 7:30—Carnation Milk flavored with tea (Half Carnation and half tea)
- 9:30—Orange juice. Thin cereal with Carnation Milk. Toast and butter.
- 12:00—Beef tea, egg white, toast and butter.
- 3:00—Chicken on toast. Lemon Fluff and whipped Carnation Milk.
- 5:00—Milk (Half Carnation and half water). Toast.
- 7:30—Beef broth. Eggnog.
- 10:00—Malted Milk.* Toast.

**Recipes in Book—See Index.*



Invalid Feeding

CONVALESCENT DIET

A CONVALESCENT DIET may include the foods of a soft diet with the addition of fruits and well cooked vegetables, with a small serving of tender meat once a day. The following suggestions may be helpful when planning menus and recipes for the convalescent:

NUMBER ONE

BREAKFAST

ORANGE JUICE
WELL COOKED CEREAL SERVED WITH CARNATION MILK
TOAST COCOA*

10:30

GLASS OF DILUTED CARNATION MILK*

LUNCH

CREAM OF CARROT SOUP
BAKED POTATO OMELETTE
WHOLE WHEAT BREAD, BUTTER
ICE CREAM

3:30

ORANGEADE

DINNER

LAMB CHOPS WITH PEAS
BREAD STICKS
CARAMEL BAVARIAN CREAM WITH WHIPPED CARNATION MILK*
TEA

9:30

CHOCOLATE CARNATION MILK*

Caramel Bavarian Cream

½ cup sugar
1 cup boiling water
1 tablespoon gelatine
¼ cup cold water
1 cup Carnation Milk, chilled for whipping †
⅛ teaspoon salt
1 teaspoon vanilla

HEAT the sugar in frying pan until it melts and turns golden brown. Add the boiling water and cook until all the hardened crystals of browned sugar are melted. Then pour onto

*Recipes in Book—See Index.

the gelatine that has been soaked in cold water for 5 minutes. Cool until beginning to congeal, then whip until light and fluffy. Whip the Carnation Milk and fold into the gelatine mixture. Add vanilla and salt and allow to congeal before serving. Serves 6.



Invalid Feeding

NUMBER TWO

BREAKFAST

COOKED DRIED APRICOTS
POACHED EGGS ON TOAST
CEREAL WITH CARNATION MILK
 $\frac{1}{4}$ COFFEE AND $\frac{1}{4}$ CARNATION MILK

10:30

ORANGE EGGNOG*

LUNCH

COTTAGE CHEESE WITH CARNATION MILK
BUTTERED LIMA BEANS MASHED POTATOES
BREAD AND BUTTER
BAKED APPLE WITH WHIPPED CARNATION MILK

3:30

PRUNE JUICE GRAHAM WAFERS

DINNER

BROILED WHITEFISH BUTTERED CARROTS
BREAD STEWED TOMATOES BUTTER
RICE CUSTARD PUDDING*
 $\frac{1}{2}$ TEA AND $\frac{1}{4}$ CARNATION MILK

9:30

COCOA* CRACKER

Orange Eggnog (Individual Serving)

1 egg
1 teaspoon sugar
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{2}$ cup Carnation Milk diluted with $\frac{1}{4}$ cup water
Few drops of vanilla
Juice of half an orange

Mix as listed. Chill thoroughly before serving.

Rice Custard Pudding

2 cups cooked rice
2 eggs
1 cup Carnation Milk diluted with 1 cup water
 $\frac{1}{2}$ teaspoon salt
1 teaspoon vanilla
4 tablespoons sugar

BEAT eggs slightly, add salt and sugar. Scald the milk and pour gradually onto the egg mixture. Cook in double boiler and when mixture begins to thicken add the rice, preferably warm. Continue cooking until custard mixture coats the spoon. Add vanilla and cool.

*Recipes in Book—See Index.



International Dishes

Bohemian Potato Dumplings

BOIL 3 to 4 medium-sized potatoes and put through ricer. Cool. Add 2 tablespoons farina, 1 egg, 1 teaspoon salt and mix thoroughly. Add flour enough to make a stiff dough. Form into a roll and cut in pieces about 1 inch to 1½ inches thick, rolling into balls, and drop into boiling water; cook about 8 minutes. Remove with wire spoon to drain. Serve on hot platter with melted butter.

Chinese Eggs

½ cup uncooked rice
4 hard cooked eggs
2 tablespoons finely minced green pepper
1 teaspoon minced onion
2 tablespoons tomato purée or strained tomato
¼ cup ground cooked ham
¼ lb. soft cheese
¾ cup Carnation Milk, undiluted
Salt
Paprika

COOK the rice in boiling salted water until tender. Rinse, drain and arrange in a buttered baking dish. Cut the hard cooked eggs in half lengthwise, remove the yolks, then mash. Mix with them the green pepper, onion, tomato purée and ground ham. Season to taste with salt and paprika, and work to a paste. Fill the egg whites and press into the rice. Dissolve the cheese in the milk and pour over the rice and eggs. Place in a moderate oven (350° F.) for 25 minutes. Let stand in warm place about 20 minutes before serving. Serves 4 to 6.

Crêpes Suzette (French Pancakes)

½ cup flour
1 teaspoon baking powder
¼ teaspoon salt
2 tablespoons melted butter
1 egg
½ cup Carnation Milk diluted with ½ cup water

HEAT milk. Sift flour, baking powder and salt together. Beat egg light, add hot milk and melted butter. When slightly cool, stir into sifted dry ingredients. Beat until perfectly

smooth, using rotary beater. Heat griddle or skillet. Grease. Pour batter into skillet to form pancakes about 3 inches in diameter. Turn with a spatula or pancake turner as soon as the first side browns. Serve in a hot sauce made of butter, sugar and the grated rind and juice of an orange.

Danish Kleiner

THESE cookies are really little fried cakes, in buckle shapes, the traditional Danish cake.

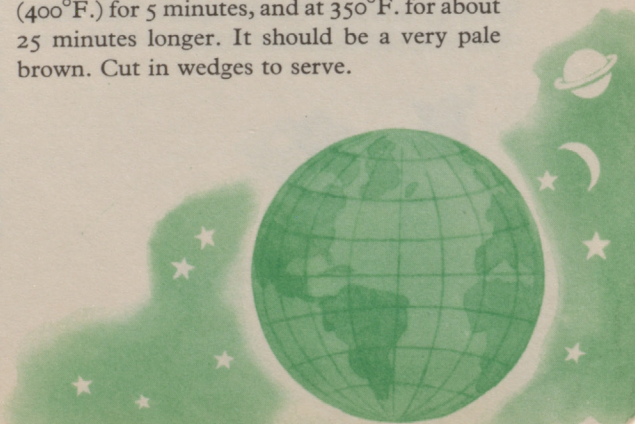
2 egg yolks
½ cup sugar
½ cup Carnation Milk, undiluted
½ cup cooking oil
2 eggs
1 teaspoon baking powder
½ teaspoon almond extract
Flour

Beat eggs and egg yolks, add sugar and beat with a spoon for 10 minutes. Add oil, milk, extract and 1 cup flour sifted with the baking powder. Add enough more flour to make a stiff dough; roll out. Cut dough into diamonds about 2 inches long with a slit in the middle. Pass one end of a diamond through this slit and drop cake in hot, deep fat. Fry a light brown, drain and dust with powdered sugar.

Scotch Short Bread

4 cups flour
½ cup sugar
1 cup butter

CREAM butter well, add sugar. Work in sifted flour. When mixture is too stiff to mix with spoon, turn on pastry board and rub in the rest of the flour; roll ¾ inch thick. Spread in well-oiled baking sheet. Bake in hot oven (400°F.) for 5 minutes, and at 350°F. for about 25 minutes longer. It should be a very pale brown. Cut in wedges to serve.



International Dishes

Scandinavian Potatoes

- 6 medium-sized potatoes
- 6 anchovies
- $\frac{1}{2}$ teaspoon chopped parsley
- $\frac{1}{2}$ teaspoon French mustard, dry
- 2 tablespoons butter
- Salt and pepper
- 2 egg yolks

PARE the potatoes, cook in salted water until tender, then put through the ricer. Add the anchovies, drained from oil and cut in $\frac{1}{4}$ inch pieces. Add the chopped parsley, the French mustard, the butter and seasonings. Blend thoroughly and stir in the beaten egg yolks. Cook 3 minutes, stirring constantly. Remove from fire, pour in a shallow baking dish, and let cool. Mold in the form of small eggs, roll in bread crumbs, then in beaten egg, in fine crumbs again, and fry in deep hot fat. Garnish with parsley.

German Apple Cake

- 2 cups flour
- 2 teaspoons baking powder
- $\frac{1}{2}$ teaspoon salt
- 2 tablespoons sugar
- $\frac{1}{3}$ cup shortening
- 2 egg yolks
- $\frac{3}{4}$ cup Carnation Milk, undiluted
- 2 apples
- $\frac{3}{4}$ cup sugar mixed with cinnamon
- $\frac{1}{2}$ teaspoon cinnamon
- 1 lemon rind, grated

MIX and sift together flour, baking powder, sugar and salt. Cut in shortening and add egg yolks which have been mixed with milk. Pour into shallow cake pan and top with apples which have been cut into eighths. Sprinkle top with sugar, cinnamon and lemon rind which have been mixed together. Bake in moderate oven 45 minutes. Cut in squares and serve with whipped Carnation Milk.†

Swedish Meat Balls

- $\frac{3}{4}$ lb. beef
- $\frac{1}{4}$ lb. veal
- $\frac{1}{4}$ lb. lean pork
- $\frac{1}{2}$ teaspoon pepper
- 2 tablespoons onion
- 1 cup Carnation Milk diluted with $\frac{1}{2}$ cup water
- 2 eggs
- $\frac{1}{2}$ cup bread crumbs
- 2 teaspoons salt
- $\frac{1}{2}$ tablespoon butter

GRIND meat 3 times. Beat milk and eggs together and pour over bread crumbs. After well mixed, combine with meat. Add seasonings and onion which has been fried. Form into small balls and brown in butter. Add a little hot water and simmer 10 minutes.

Spanish Fried Chicken

- Chicken
- 4 tablespoons cooking fat
- 1 chopped onion
- 1 chopped green pepper
- 1 cup chopped tomatoes
- $\frac{1}{2}$ tablespoon chili powder
- $\frac{1}{2}$ cup rice, uncooked
- $\frac{1}{2}$ cup Carnation Milk diluted with $\frac{1}{2}$ cup water

CUT chicken into pieces for frying. Cook onion in fat for a few minutes; roll chicken in flour and brown on both sides. Add other ingredients and enough water to cook rice. Cook slowly, covered, in oven, until chicken is tender. If necessary, add more Carnation Milk, but only enough to cook rice, as it must be quite dry when served.

Polish Salad

REMOVE the outer leaves from 2 heads of lettuce. Cut each into quarters and arrange on salad plates. Make the following dressing: Hardcook 2 eggs. Take the yolk of 1 egg and mash; mix it with $\frac{1}{2}$ teaspoon sugar, 1 cup Carnation Milk, undiluted; 1 tablespoon lemon juice, dash of salt. Mix thoroughly and pour over the lettuce. Dice the other egg and the white of the first one and scatter over the salad.

†Whipping Directions on page 6



International Dishes

English Plum Pudding

2 cups beef suet, put through meat grinder
2 cups bread crumbs
 $\frac{3}{4}$ cup flour
1 tablespoon cornstarch
1 cup raisins, stoned
1 cup currants
1 cup sultana raisins
1 cup almonds, chopped fine
 $\frac{1}{2}$ cup mixed peel, cut fine
1 cup brown sugar
2 lemons (juice and rind) rind grated
 $\frac{1}{2}$ teaspoon nutmeg
 $\frac{1}{2}$ teaspoon mace
 $\frac{1}{2}$ teaspoon cloves
 $\frac{1}{2}$ teaspoon cinnamon
5 eggs
1 cup Carnation Milk, undiluted
4 tablespoons baking powder
1 teaspoon salt
4 tablespoons brandy
1 cup molasses

Mix all together and pour into one large greased mold or two smaller ones (empty coffee cans may be used), filling two-thirds full. Cover and steam 3 hours. At serving time, resteam 1 hour. Serve with hard sauce or hot pudding sauce.

Norwegian Frukt Suppe (Fruit Soup)

Cook $\frac{1}{2}$ cup pearl tapioca in 3 cups water until transparent. Then add $\frac{1}{2}$ cup cooked raisins, $\frac{1}{2}$ cup cooked pitted prunes, juice of 1 lemon and sugar to taste. Simmer over low fire for 3 or 4 minutes; serve hot or cold.

Russian Tea

BLACK tea is chosen by the Russians and it is usually made in a samovar. The hot tea is served in glasses with sliced lemon. Sugar or a spoonful of jam is used as sweetening. A nice variation is to serve it with a candied fruit mixture. To prepare this, take 2 tablespoons candied orange peel, 10 candied cherries, 1 slice candied pineapple, 1 tablespoon whole cloves, 3 tablespoons lemon juice. Cut the candied fruit in small pieces, add cloves and

lemon juice, and put a teaspoon of mixture into teacup with the hot tea. Or the mixture may be put into the refrigerator ice cube tray and allowed to freeze. At tea time put 1 cube in each cup of hot tea.

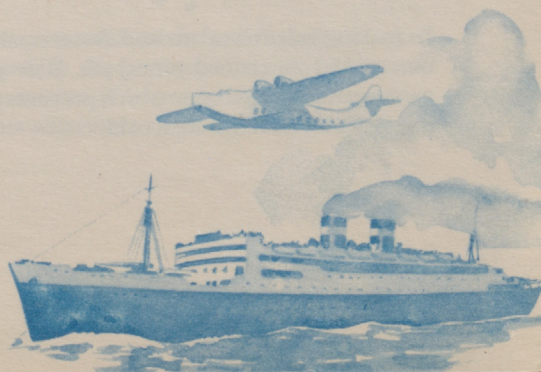
Hungarian Stuffed Cabbage

TAKE 1 head of soft cabbage; remove leaves separately and put in salt water overnight. Take 1 pound ground pork, put it in a dish, add 1 cup cooked rice, 2 raw eggs, $\frac{1}{2}$ onion (finely chopped), salt, pepper, $\frac{1}{2}$ cup Carnation Milk, undiluted, and $\frac{1}{2}$ tablespoon lemon juice. Mix all well together and put two heaping tablespoons in each cabbage leaf; roll it, then cook the rolls of stuffed cabbage in 1 pound of sauerkraut and necessary water for about 2 hours.

Irish Gingerbread

6 cups flour
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ cup blanched almonds, chopped
1 teaspoon cinnamon
1 teaspoon allspice
1 teaspoon mace
1 cup dark corn syrup
 $\frac{1}{4}$ teaspoon salt
1 cup shortening
 $\frac{2}{3}$ cup chopped candied fruit peel
 $\frac{3}{4}$ cup raisins
3 eggs, well beaten
3 teaspoons baking soda

COMBINE shortening, sugar and syrup. Heat until blended. Sift flour, measure and sift with other dry ingredients. Add to shortening, sugar and syrup. Add eggs, raisins, nuts and peel. Mix thoroughly. Pour into well-oiled pan. Bake in slow oven (325°F.) about 1 hour.



Cookery Hints

Try adding a few drops of lemon juice to rice the next time you are cooking it. It makes it beautifully white and keeps the grains whole.

Three-fourths cup rice will serve 5 people when cooked and served as an accompaniment to chop suey.

For a children's party, try serving toasted marshmallow crackers. Place a marshmallow (the new colored ones look very pretty) on the cracker and place in a very hot oven for a minute.

When 2 trays of ice cream are to be stored in your refrigerator, you may still have an ample supply of ice cubes if you place the cubes in the defrosting tray, or even in a bowl directly under the shelf which holds this tray.

When cutting marshmallows, use scissors, dipping them into hot water, and they will not stick to the blades.

Have you ever served molasses whipped cream on gingerbread? To 1 cup of whipped Carnation Milk,†fold in 3 tablespoons molasses and serve on hot or cold gingerbread.

Berries and all fruits will keep in perfect condition in the refrigerator for days if spread on a platter and lightly covered with cellophane or waxed paper.

All strong-flavored vegetables and fruits, like onions and cantaloupe, should be wrapped in parchment or waxed paper in refrigeration, as their odor is absorbed by butter and other delicately flavored foods.

In making gelatine salads and desserts, always use cooked or canned pineapple. Raw pineapple contains an enzyme which prevents gelatine from congealing when cold.

A little ginger added to chocolate icing to be used on a chocolate cake gives a delicious unusual flavor. Use only a dash of ginger.

Add a small amount, about $\frac{1}{2}$ cup, of flour to the butter-sugar mixture in making cake before adding beaten eggs and liquid. This will prevent the liquid from causing a curdling of the shortening.

Sometimes potatoes become black during cooking. There are several ways to prevent this. One of the very best ways is to boil them in Carnation Milk and water, using $\frac{1}{3}$ milk and $\frac{2}{3}$ water. The liquid in which the potatoes are cooked can be saved and used for soups, sauces, or gravies. Not salting the potatoes until just before serving helps to make them white, too. If the potatoes are put to soak in cold water for several hours before cooking, they will be much whiter than if cooked without soaking. Vinegar is sometimes recommended for preventing potatoes turning black, but vinegar hardens potatoes so much that they are unappetizing. For delicious, white nutritious potatoes, use the milk and water bath treatment.

Did you ever baste a turkey with water mixed with honey? If not, try it the next time you prepare a turkey. Proceed as usual and when the turkey begins to brown, reduce the heat to 350°F. and baste occasionally with 2 cups of hot water mixed with $\frac{1}{4}$ cup of strained honey. Turn the fowl so that it may brown evenly and allow 20 to 30 minutes to a pound.

When ready to serve, brush again with $\frac{1}{4}$ cup melted or soft butter mixed with 1 tablespoon of honey. Serve upon a large platter and garnish with celery curls and radish roses.

When not using all the pimienta in a can, put the remainder in a small glass jar and cover with hot paraffin. Cooking or salad oil (cold) can be used instead, and later used for salad dressings.

†Whipping Directions on page 6

Cookery Hints

Warm Brazil nuts in the oven before cracking them. The heat makes it possible to crack the shell without breaking the meat.

Honeydew melon balls marinated in maple syrup make a delicious fruit cup for either first course or dessert.

If baked potatoes are split or pricked as soon as they are cooked, they are not likely to be soggy.

Use the juices of spiced and pickled fruits for basting roasts, and many prefer the spiced juices with baked ham or tongue.

Use medium-sized scissors for removing the pithy center of grape-fruit and for snipping the white skin inside the rind.

Sliced bananas, peeled apples and freshly sliced peaches can all be kept from turning dark by a coating of lemon juice. English walnuts soaked for a few minutes in lemon juice will not turn dark in salads or nut-breads.

When you make chicken soup, try adding a grating of nutmeg just before serving.

Coffee bags for boiled coffee or the cloth strainer used with glass coffee makers will keep sweet and fresh if stored between meals in water in a covered jar in your refrigerator.

For breading fish for baking, broiling or frying, take $\frac{1}{2}$ cup Carnation Milk diluted with $\frac{1}{2}$ cup water, 1 tablespoon salt, $\frac{1}{8}$ teaspoon white pepper and some bread crumbs. Cut the fish in serving pieces. With the left hand, dip the fish in the seasoned milk, drain slightly, place in the bread crumbs, breading with the right hand. Using the alternate hands, keeps the crumbs dry and prevents the fingers becoming a sticky mass. Dry crumbs assure even browning. When breaded, the fish is then ready to bake, broil or fry.

Soft butter or lard should never be used in making pie crust. Whatever solid fat is used should be hard and very cold.

To make the most of the juices in roasted fowl, turn the fowl on its breast instead of its back when roasting. By doing this the juices run into the breast instead of the back, making it deliciously moist.

In selecting fresh fish, make sure that the gills are bright red, the eyes bright and full, and the flesh firm and springy.

To quickly freshen salt cod, shred and cover with hot water to which the juice of a lemon has been added. Let stand for 10 minutes and drain thoroughly. Place in a saucepan and cover with hot water; simmer for 5 minutes. Drain, and again add hot water; let simmer for 10 minutes. Drain, and the salt codfish is now freshened for use in any recipe.

Mint is a fine accompaniment to almost any fruit drink. Just wash fresh mint stalks, and add them to a pitcher of fruit punch, lemonade, etc. Pouring the drink over the leaves gives a mild elusive flavor much enjoyed.

A canvas cover and a stockinette on the rolling pin can be used in place of a plain board or porcelain surface in rolling out the crust. Not only is sticking prevented but only an occasional washing is necessary. Simply shake well after using and fold up until needed again.

To save time when making cookies, roll or spread the dough over the entire baking pan. Cut in squares after baking.

When frosting small cakes, hold them by wood picks stuck in the bottom. Put ends of picks through meshes of wire cake rack, draw them out. This eliminates touching frosted sides.

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